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SAM SMITH/METRO FILE

# Mystery $50M lotto winner revealed

ANONYMOUS

## Langley family receives jackpot nearly two years after draw

**Tereza Verenca**
Metro | Vancouver

The mystery is finally over.

On Tuesday, the B.C. Lottery Corporation revealed the names of the winners of last year's $50-million Lotto Max jackpot.

Friedrich Mayrhofer of Langley, wife Annand and son Eric were presented with the cheque, roughly 21 months after the winning ticket was bought at a Shoppers Drug Mart in Langley.

The long delay — something BCLC president and CEO Jim Lightbody called "a very unique situation" — was in part because the Langley family wanted to stay anonymous. (Once a lottery ticket is purchased, the player gives BCLC consent to have their name and photo published if they win.)

To keep a low profile, the Mayrhofers signed ownership of the ticket to a trust, where the beneficiaries would not be disclosed, not even to the lottery corporation.

When Mayrhofer's lawyer presented the winning ticket to BCLC on March 9, 2015 (just five days before its expiration date), Lightbody said his organization had to consult with the Inter-Provincial Lottery Corporation (IPLC), the national organization that oversees Lotto Max across Canada.

"Our review took many months," he said.

It was then concluded in June 2015 that only an individual or a group of individuals can claim a prize, not a trust or a corporation.

The Mayrhofers subsequently submitted a prize claim as a group in November. Lightbody, meanwhile, said there is no connection between the family and the Shoppers Drug Mart lottery pool lawsuit, where an employee claimed one of her coworkers was hiding the ticket.

"It was completely unexpected, but it was nice surprise and it turned out good," Mayrhofer said of striking it rich.

Asked why it took him so long to turn in his golden ticket, the retired steel fabricator responded by saying "good question."

> **We're a shy, private people, so it was a big step for us.**
> Friedrich Mayrhofer

He added he sought anonymity because he "didn't know what to do" at the time. He has since hired a team of financial advisors to help manage things.

Lightbody estimated that over the course of the 21 months, around $500,000 was lost in interest.

"I wish I could have come in earlier, because it was actually easier than I thought it was," Mayrhofer said with a laugh.

As for plans of how that money will be spent, the father-of-three said he'll be remodelling the home he's lived in for 36 years and taking a sunny vacation.

Public interest in this jackpot has been unprecedented — BCLC received 739 inquiries about the prize.

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Your essential daily news

Global leaders die early, study says — but maybe not Trudeau. **World**

# Vancouver set to raise utility fees and property taxes

COUNCIL

## Single-family homeowners will owe extra $100 in 2016

**Emily Jackson**
Metro | Vancouver

Vancouver councillors voted to boost property taxes and utility fees again on Tuesday in a heated debate over whether the persistent cost increases are making the city even more unaffordable.

Vision Vancouver councillors passed the combined 3.2 per cent utility-fee and property-tax increase — amounting to about $100 for a median single-family home — in a 7-4 vote on Tuesday. Three Non-Partisan Association councillors and the lone Green Party councillor opposed the increase.

NPA Coun. George Affleck tried to defeat the budget, asking staff to trim it by $7 million in order to keep it in line with the inflation rate that is around one or two per cent.

He recommended cutting spending to the mayor's office ($200,000), city manager's office ($500,000), communications office ($500,000) and the contingency fund ("a couple million").

"If we want to make Vancouver affordable, the first place to start is right here in this chamber," Affleck said. "We're driving people out of the city."

But Vision councillors were quick to point out his math didn't add up to $7 million, calling his attempt to send the budget back "pure politics without any substance" (Geoff Meggs), "a random exercise in cuts" (Andrea Reimer) and "an easy cop out" (Tim Stevenson).

Green Party Coun. Adriane Carr, who wishes the budget were higher to provide additional services, called it "fear mongering about taxes."

"The problem with affordability in this town is not the tax bill, the problem is the fact that the price of land has been driven up by a whole bunch of market forces which we're struggling to help low- and average-income families come to grips with," Meggs said.

Plus, Meggs doubted Affleck would keep his logic of tying the budget to inflation if inflation were to rise.

Stevenson argued the increase is important to ensure livability and that the budget strikes a balance between services and the needs of those who prioritize low taxes.

"In order to have a liveable city, we have to have amenities. To have amenities, we have to pay taxes," he said. "I think people are more than happy to pay the taxes they pay to get the services they get."

The only spending that received unanimous support was the $115-million operating budget for the Vancouver Park Board, on which the NPA holds a majority.

**Councillors voted 7-4 on Tuesday to increase the combined utility and property taxes by 3.2 per cent.** EMILY JACKSON/METRO

> **If we want to make Vancouver affordable, the first place to start is right here in this chamber.**
> Coun. George Affleck

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# Airport's new anti-drone campaign takes flight

AVIATION

## Hobby drones near flight paths a serious issue, says RCMP

Matt Kieltyka
Metro | Vancouver

It may seem like common sense, but the Vancouver International Airport and police are reminding the public that airports are no drone zones.

While an aircraft has never collided with a drone near YVR, the airport's vice president of operations, Steve Hankinson, says sightings of remotely-piloted hobby drones in and around aircraft flight paths have been on the rise.

"This issue has been a big one for the aviation industry all around the world, not just in Vancouver," he said. "Thankfully, (a collision with a drone) has never happened in YVR's history but that's not the only risk. They're a distraction for on departure and arrival, the most demanding times for a pilot. For us, it's a very serious issue."

Hankinson said any time flight crews report a drone in their flight path, the airport calls RCMP to investigate and attempt to identify the owner.

While it may seem obvious people shouldn't be flying their drones near aircraft, Hankinson said, not enough people have gotten the message.

And with sales of drones expected to surge once more during the holiday season, he said the time is right to launch a public safety awareness campaign around the issue with partners that include Transport Canada and RCMP.

Transport Canada guidelines prohibit drones from operating within nine kilometres of an airport, and Hankinson hopes that common sense can indeed prevail.

"Drones are fun … but safety matters and we want people to operate drones in a responsible way," he said.

Officials did not provide the exact number of drone-related incidents near airports in Canada, Transport Canada says nearly half of them this year have been in British Columbia.

The federal agency has more information on permission and safety requirements related to drone use on its website.

**Vancouver Airport Authority vice president Steve Hankinson speaks at the launch of a public safety awareness campaign at YVR on Tuesday.** CONTRIBUTED/VANCOUVER INTERNATIONAL AIRPORT

> **(Drones) are a distraction for on departure and arrival, the most demanding times for a pilot. For us, it's a very serious issue.**
> Steve Hankinson

IMMIGRATION

## Staff rises ahead of refugees

Tereza Verenca
Metro | Vancouver

The Immigrant Services Society of B.C. is in the process of hiring an additional 50 staff as it prepares to accept 240 government-assisted Syrian refugees this month and up to 900 more in January.

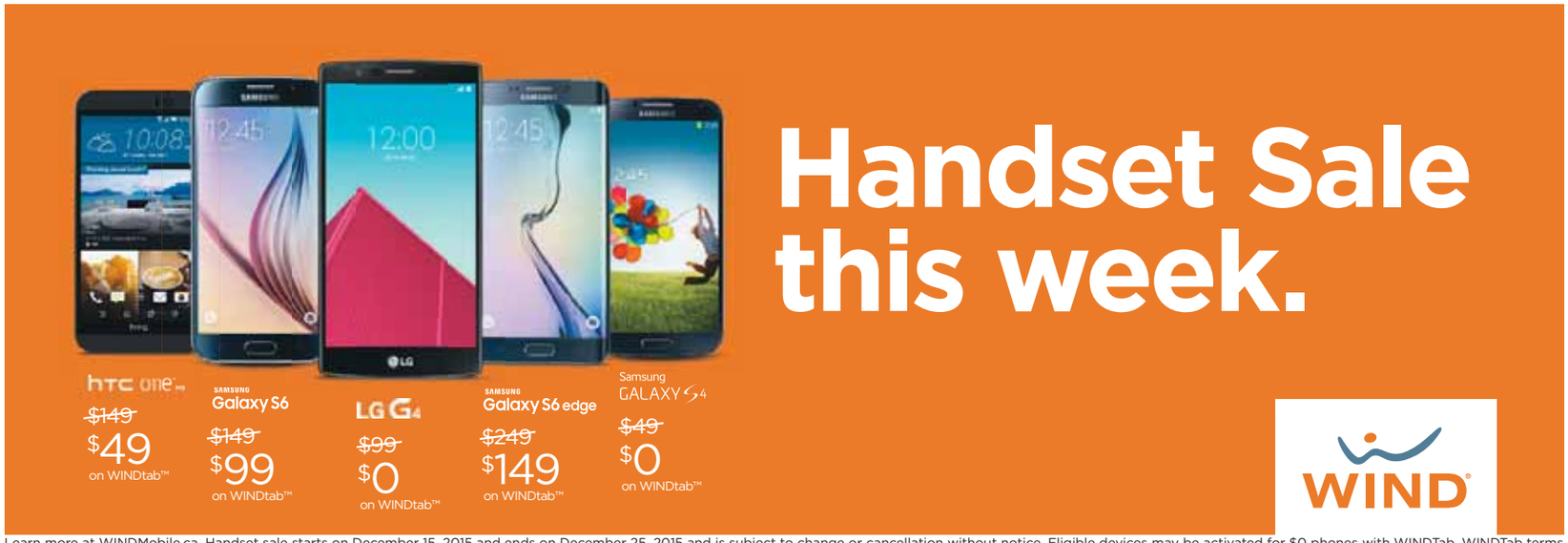
The organization is also in the midst of securing hotel rooms in Vancouver, Richmond, Burnaby and Surrey, according to Chris Friesen, the ISSBC's settlement services director. These reception centres will provide a transitional shelter for two to three weeks until more permanent accommodation is found.

So far, the society has around 650 rooms set aside for the new arrivals.

"We've got a really good response from hotels and we're looking at a couple of other potential sites," he said.

Come January, in one month alone, ISSBC will be processing the same volume it would normally do in a whole year. To help move things along smoothly, the society has moved from a 35-hour work week to a 40-hour work week and provisions for overtime have been put in place, noted Friesen. He said he's confident his team will be able to pull it off.

The outpouring of community support, meanwhile, has moved him beyond words. One bride-to-be decided to have fewer guests at her wedding so she could present the society with a $5,000 cheque.



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TRANSLINK

# Metro Vancouver offers compromise

Matt Kieltyka
Metro | Vancouver

With legislative changes to TransLink's governance structure a long shot, Metro Vancouver is pitching a new way forward.

Following a "No" vote on new funding for the mayors' proposed long-term transit infrastructure plan in this year's plebiscite, the regional district launched a review task force into the transit authority's under-fire governance model.

On Tuesday, the Metro Vancouver board adopted the task force's key recommendation that the Mayors' Council should assume sole responsibility for transportation in the region, and not TransLink's appointed board of directors.

The mayors have been calling for more control over TransLink's decision-making for some time but have been told repeatedly by the provincial minister responsible for TransLink, Peter Fassbender, that it will not happen.

Metro Vancouver board chair Greg Moore, Port Coquitlam's mayor, said that while the B.C. government has been clear there will be no legislative changes, the region felt it was important to underline its desire for reform.

Barring that, however, Metro Vancouver has adopted a second recommendation — "Plan B," Moore called it — that could potentially break the stalemate over the region's public transit system and address concerns over TransLink's accountability.

Metro Vancouver wants to see joint planning sessions held quarterly between the region, mayors, province and TransLink that would give all levels of government more input into the transportation authority's planning and future funding model.

Moore said such sessions currently don't take place, and mayors are only asked to approve final plans that are submitted to them.

He said the proposal addresses Fassbender's public comments that TransLink's funding problems can be solved through greater co-operation instead of reform.

"I think it's enough for us to move forward," said Moore. "It shows a willingness to figure this out together. I don't think (the mayors' transit plan) is dead, there were other reasons people voted against the funding. We've tried to address those concerns about transparency and engagement."

**A SkyTrain makes its way out of downtown Vancouver in July.** JENNIFER GAUTHIER/METRO FILE

**Trees at the Burrard SkyTrain station in downtown Vancouver in April 2014.** MATT DESOUZA/FOR METRO

# City plots growth of its urban forest

STRATEGY

## Devising ways to keep trees on public and private spaces

Emily Jackson
Metro | Vancouver

The City of Vancouver is proposing creative measures to stop the decline of its urban tree canopy.

Over the past two decades, Vancouver has lost an amount of trees equivalent to the entire area of Stanley Park, parks and recreation planner Katherine Isaac told council in a presentation on the urban forest strategy on Tuesday.

But the urban forest strategy hopes to quell the felling on private property, maintain the trees that prevail despite droughts like the one last summer, and plant 150,000 new trees by 2020 — the majority on private property.

The city's goal is to maintain the canopy cover at 18 per cent of the city's land and eventually get it back up to historic levels of 22 per cent by 2050.

To do so, the city wants to create "cooling networks" — shaded streets that connect to parks — by planting thousands of trees in historically industrial areas known for concrete such as the Downtown Eastside, False Creek Flats and Marpole. These networks will provide much-needed shade and cool air in these neighbourhoods that are literally hotter, according to heat maps.

One hundred city-owned parking lots are slated to get a green makeover. The city believes it could plant enough trees in these parking lots without much parking loss to cover 40 per cent of the blacktop with canopy, Isaac said.

The city also hopes to host more trees sales with a goal of selling 7,000 trees to private property owners in 2016. There were lineups for the park board's October tree sale where 1,000 trees sold in three hours, so the city plans to meet the demand by selling trees at existing events or at community centres.

Staff proposed a strict bylaw on requiring property owners to pay a security deposit that won't be returned before they remove a tree unless they can prove they can keep a replacement tree alive for at least a year. Council will vote on this bylaw on Wednesday.

**12K**

**Number of trees to be planted by 2020 in existing forests including Stanley Park, Jericho Park and Everett Crowley Park.** METRO

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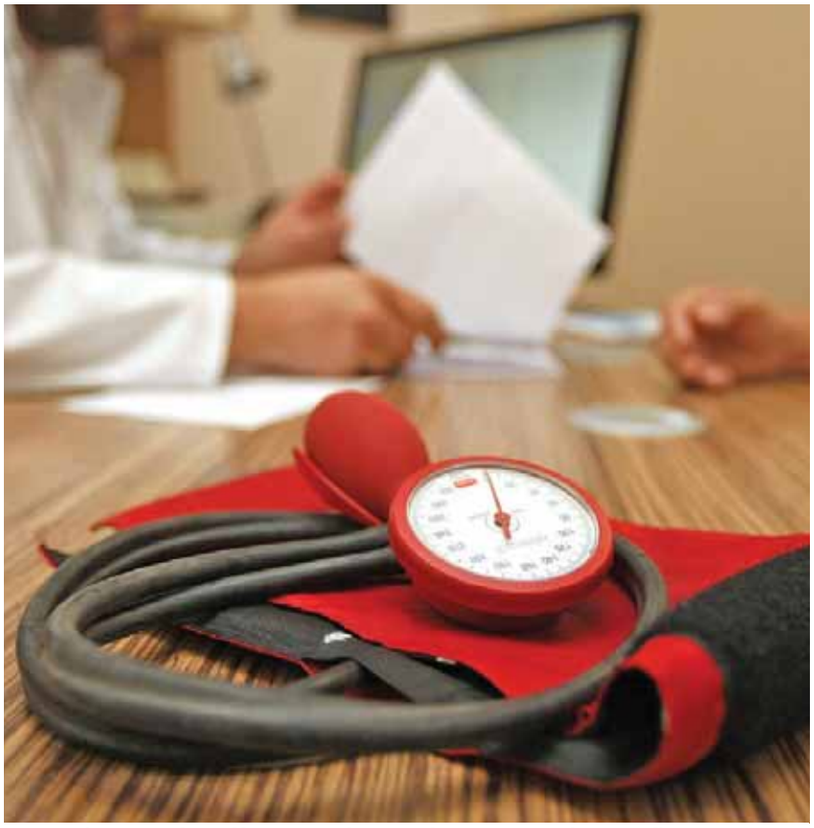

An experiment conducted by UBC graduate students suggests that spending money on others is good for your heart in that it lowers blood pressure. GETTY IMAGES

# Generosity linked to lower blood pressure

HEALTH

## Researchers gave a group of seniors money to spend

**Tereza Verenca**
Metro | Vancouver

Spending money on others can lower blood pressure, according to new research coming out of UBC.

A team of graduate students have conducted an experiment in which 73 older adults diagnosed with high blood pressure — ages 65 to 85 — were given $40 each and were randomly assigned to spend the cash on themselves or on others for a period of three weeks. The experiment was six weeks in total.

What the group found was a "significant reduction" in blood pressure, similar to someone starting a new exercise regime or being put on new blood-pressure medication.

"These findings provide some of the strongest evidence to date that financial generosity can have significant implications for our physical health," said lead author Ashley Whillans.

Whillans added the drop in blood pressure was most notable around week four.

Similar results were discovered in a correlation study that involved an additional 186 seniors. The evidence shows that those who spend money on others to whom they feel closest had the greatest benefit.

> **These findings provide some of the strongest evidence to date.**
> Ashley Whillans

The first participant was a war veteran, who donated his payments to a school built in honour of a friend he served with in the Vietnam War.

Another donated her money to a charity that had helped her granddaughter survive anorexia.

The UBC researchers conducted the experiment, Whillans noted, after realizing there was little evidence to suggest donating money has an effect on physical health.

"Of course, there is still a lot to learn about when and for whom the health benefits of financial generosity emerge," Whillans wrote in a blog post.

"We don't know a lot about how or how much people should spend on others to enjoy long-lasting health benefits."

But being generous doesn't always mean good health. Whillans said it's only beneficial when it's not done at a personal cost.

"You should probably think twice before donating your entire life savings to charity, because the stress of helping so extensively could undermine any potential benefits."

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CRIME

# Police seek person of interest in attack

**Emily Jackson**
Metro | Vancouver

Vancouver police need the public's help to identify a person of interest and a witness in an attack on a young woman after she left a Kitsilano bar in late November.

Police say the 25-year-old woman had left Bimini's on Nov. 21 and was walking along West 4th Avenue near Balsam Street around 1:40 a.m., when a stranger approached her from behind and struck her repeatedly.

She managed to fight off the attacker and escape before a group of passersby found her and called 911. She was taken to hospital with injuries to her face and released later that day.

The Police released images of a person of interest and a witness, who officers believe has important information.

The person of interest is described as a five-foot-8 to five-foot-10 Asian man with a thin build and black hair. He was wearing a puffy nylon jacket over a multi-coloured shirt, jeans and sneakers.

Anyone who knows the person of interest or the witness, or who has any information about the incident, is asked to called police at 604-717-2541.

A person of interest in the incident. VANCOUVER POLICE DEPARTMENT

## IN BRIEF

**New species of flightless bird discovered on beach**

A family out for a stroll on southern Vancouver Island has stumbled upon the 25-million-year-old fossilized remains of a flightless bird.

The fossilized bone was found inside a slab of rock on a Sooke, B.C., beach, and bird expert Gary Kaiser of the Royal B.C. Museum says it is a collar bone of a type of plotopterid.

Up until now, fossils of the long-extinct flightless bird have only been found in Japan and the United States.

THE CANADIAN PRESS

**Police seek assault suspect**

Vancouver police are on the lookout for a suspect who allegedly sucker-punched and seriously injured another man outside a pub on Aug. 31. The victim, a 49-year-old Vancouver man, suffered a head injury and brain bleed. He spent three weeks in hospital but has since made a full recovery.

Police say the suspect is an indigenous man in his 30s, five-foot-10 with a medium build and several tattoos.

He was wearing a black jacket with the word "Headrush" on the back.

MATT KIELTYKA/METRO

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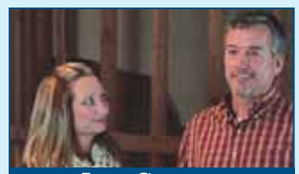
Total of $190,298 in profit in 6 months. Since then...
2 Cash Flow properties at $2,500/mth



**John Cooksey**

Attended Bus Tour Sept 2014
4 Properties purchased first 6 mths
1st Flip - profit $5,000
2nd Flip - profit $8,000
1 in construction - estimated profit $80,000
1 Commercial Property (4 commercial spaces, 17 residential) - estimated Cash Flow $34,000/mth
1 Purchased Duplex - $800/mth

Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business. © 2015 NVCompanies. All Rights Reserved. Gifts and promotional materials may vary.

# B.C. shouldn't be on hook: Lawyer

SETTLEMENT

## Ivan Henry's prosecutors didn't know any better: Crown

B.C. should be off the hook in a $43-million wrongful-conviction lawsuit dating back to 1982 because prosecutors at the time may not have known that withholding contradictory evidence from the accused could have hamstrung his defence, says a Crown lawyer.

Ivan Henry is suing the province for compensation in B.C. Supreme Court after he was convicted on 10 sexual-assault charges and spent 27 years behind bars before his 2010 acquittal.

His lawyers have said he deserves up to $43 million in compensation.

In closing arguments on Tuesday, Crown lawyer John Hunter said the legal culture was different in the early 1980s and prosecutors weren't expected to disclose all their evidence to the defence.

"Put yourself in the shoes of a prosecutor in 1982," said Hunter. "We know now that that's what should be done. ... But I say that wasn't known then."

**Ivan Henry, who was wrongfully convicted of sexual assault in 1983, leaves B.C. Supreme Court during a lunch break in Vancouver, B.C.** THE CANADIAN PRESS/DARRYL DYCK

Hunter dismissed the defence's suggestion that the case's key prosecutor, Michael Luchenko, who has since died, intentionally withheld evidence, and he understood doing so would compromise Henry's ability to defend himself in court.

"It was a different time. A prosecutor's conduct should be evaluated not on the basis of what we know now but what they knew then."

Chief Justice Christopher Hinkson challenged Hunter several times, questioning the attorney's assertion that Luchenko didn't understand the implications of his actions.

"I wouldn't think it's much of a leap for a prosecutor to look at statements that have inconsistencies and think, 'Gee, that might assist the defendant,"' he told Hunter. "I can't imagine how you would come to any other conclusion."

Hinkson also noted that Henry and one of his lawyers were denied documents they specifically requested from the Crown.

Hunter responded that Henry dismissed the lawyer who requested the evidence after only a few weeks on the job and his subsequent legal counsel didn't make that exact same request.

"Henry repeated it serially," interrupted Hinkson. "Surely Mr. Luchenko must have said to himself, 'I'm not going to give them what they're asking for.' What other conclusion can I draw?"

"I don't know," replied Hunter, adding that if Henry had really wanted the documents he or his new lawyer should have been more specific.

"He didn't know what the Crown had," said Hinkson. "That's his problem. He couldn't ask for anything specific, because he didn't know."

"That's how it was handled at the time," Hunter said, explaining that defence lawyers in the early 1980s could ask the judge for evidence that wasn't forthcoming from the Crown.

THE CANADIAN PRESS

### EVIDENCE

The undisclosed evidence included sperm samples that failed to match Henry's blood type, contradictory victim statements and a compromising hand-written letter from a complainant sent to the home address of an investigating officer.

THE CANADIAN PRESS

> **It was a different time. A prosecutor's conduct should be evaluated not on the basis of what we know now but what they knew then.** Crown lawyer John Hunter

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A new report looks at geberal computing controls, with a mind to keep B.C, sites protected against system threats and disruption. JONATHAN HAYWARD/THE CANADIAN PRESS

# Government weak to hackers

CYBERSECURITY

## Report finds a lack of safeguards on computers

Many British Columbia government organizations lack a strong enough line of defence against hacking, system threats and disruption, according to the province's auditor general.

Carol Bellringer released a new report Tuesday examining general computing controls, or the policies and practices that protect government information technology systems from threats.

"We can't stress enough the importance of these controls," she told reporters.

"Without strong general computing controls, government risks loss of public trust in its ability to safeguard our most sensitive data and ensuring critical services are always up and running."

General computing controls include restraints on who can access systems, how to make changes to systems and backup and recovery of systems.

Bellringer asked all 148 government organizations, including ministries, health authorities and colleges, to rate their general computing controls and audited 13 of those self-assessments.

Many organizations assessed themselves at a higher level than in a previous report in 2013. But of the 13 organizations she audited, 69 per cent overrated their level of achievement.

"They didn't have sufficient evidence to support their self-assessments. Many of them didn't have documented policies and procedures, which are the foundation of strong general computing controls," she said.

Bellringer recommended that organizations review their business and IT goals, set a target for how strong controls must be, analyze the controls necessary, then determine what needs to be done to meet the target and monitor their progress.

The report comes amid renewed scrutiny of the province's implementation of IT systems.

The Opposition NDP said last week that BC Hydro intentionally misled a regulatory agency about its spending of hundreds of millions of dollars on information technology.

Earlier this year, Bellringer released a blistering report on the $182-million Integrated Case Management system used by the Children's Ministry. She found in March it was just one-third complete, prone to crashes and failed to adequately protect sensitive personal information.

Over the past decade, 78 per cent of recommendations from IT audits conducted by the auditor general have been about improving general computing controls, Bellringer said.

She said there is a rigorous process to monitor how recommendations are implemented, but the report did not say how many had been adopted.

While her report didn't examine specific instances of hacking or lost information, Bellringer said poor controls automatically mean systems are exposed to these types of threats.

"If you don't lock the front door of your house, don't be surprised that someone tries to open the door and they can get in."

THE CANADIAN PRESS

> **If you don't lock the front door of your house, don't be surprised that someone tries to open the door and they can get in.**
> Carol Bellringer

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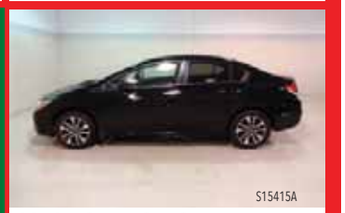
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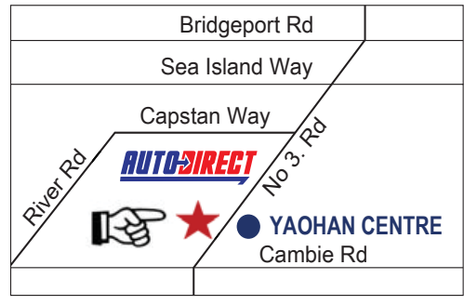


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# Apology still timely: Trudeau

INDIGENOUS AFFAIRS

## PM speaks of renewing First Nations relationship

Prime Minister Justin Trudeau said the reconciliation needed as part of dealing with the tragedy of residential schools is an issue that all of Canada needs to work on together.

"Our goal, as we move forward together, is clear: it is to lift this burden from your shoulders, from those of your families and communities. It is to accept fully our responsibilities — and our failings, as a government and a nation," Trudeau said Tuesday in Ottawa as the Truth and Reconciliation Commission presented its final report to the federal government and church leaders who were parties to the residential schools settlement agreement.

Trudeau said that seven years after former prime minister Stephen Harper made his historic apology to the survivors of Indian residential schools and their families, the words of the apology remain true and timely, and so does the request for forgiveness.

"At the same time, there is reason for hope. Today, we find ourselves on a new path, working together toward a nation-to-nation relationship based on recognition, rights, respect, cooperation and partnership," said Trudeau, according to an advance copy of his prepared remarks.

> **"Today, we find ourselves on a new path, working together toward a nation-to-nation relationship.**
> Prime Minister Justin Trudeau

The 3,231-page final report follows the executive summary released in June that included 94 recommendations — or "calls to action" — to address the dark history and continuing legacy of Canadian residential schools that saw 150,000 First Nations, Metis and Inuit children come through their doors for more than a century.

"The final report provides a way forward for all Canadians, building on the formal apology of seven years ago. It sets us squarely on a path to true reconciliation. The government of Canada is committed to walking that path with indigenous peoples, in partnership and friendship," said Trudeau, who as Liberal leader committed to supporting all 94 recommendations, beginning with the implementation of the United Nations Declaration on the Rights of Indigenous Peoples.

Trudeau, who said he is meeting with national indigenous leaders Wednesday, said that work has already begun with the launch of consultations with families and other stakeholders on the design of a national inquiry into missing and murdered indigenous women and girls.

Justice Murray Sinclair, chair of the TRC, told the gathering in Ottawa Tuesday afternoon he was encouraged by the emphasis on the relationship with Canada's indigenous peoples in the cabinet mandate letters and the Speech from the Throne and the decision to call the national inquiry.

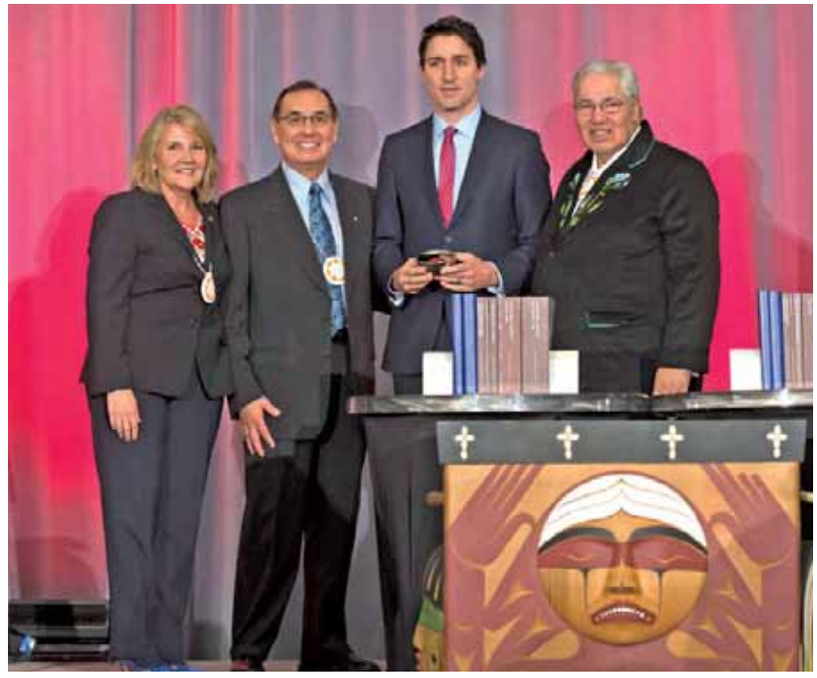
"With actions and commitments such as these I stand before you here hopeful we are at the threshold of a new era in this country," Sinclair said.

Sinclair said the work to achieve reconciliation could take many years, but "it is important for Canadians to start somewhere."

In an interview, Sinclair said despite these encouraging signs from Trudeau, there is much work to do.

"The words are certainly good to hear. I think we as commissioners have been uplifted by the fact there has been widespread acceptance of what it is we have said throughout the country and that the leaders of this government, including the prime minister, have all indicated their willingness to embrace our calls to action, but there is certainly a significant amount of groundwork they have to do first. One is to identify what their action plan is going to be to implement the calls," Sinclair said.

TORSTAR NEWS SERVICE



**Commissioner Marie Wilson, Commissioner Chief Wilton Littlechild and Commissioner Justice Murray Sinclair pose with the prime minister after presenting him with a copy of the final report of the Truth and Reconciliation commission in Ottawa.** ADRIAN WYLD/THE CANADIAN PRESS

**Eugene Arcand, who attended St. Michael's Indian Residential School in Duck Lake, Sask., shared a photo of his Grade 2 class. Arcand said all but nine of the students in the photograph have since died.** HANDOUT/TORSTAR NEWS SERVICE

**3,231**

The number of pages in the final report

**150K**

The number of First Nations, Métis and Inuit children who attended residential schools

**3,201**

The number of indigenous children and youth who died in residential schools — many of them buried in unmarked graves

**$1.5M**

The amount of money it would cost to complete the work recommended by the working group

TAXES

## Morneau clarifies GST is not changing

**Finance Minister Bill Morneau** THE CANADIAN PRESS

The federal finance minister is seeking to clarify the new Liberal government's position on the GST.

Bill Morneau was asked directly Tuesday whether he has considered raising the goods and services tax as a way to generate more government revenue.

"You know, one of the things that I'm absolutely sure of is that we should go through our budget process in order to figure out where we're going to get to," Morneau told reporters in Ottawa in response to the question.

"In my estimation, we're going to hear a lot of things from not only my colleagues around the table, but from Canadians about what we should be doing from a budget standpoint. And at the end of that, we'll present to Canadians a plan for the next year and give them a sense of what's going to happen over the next five years.

**$14B**

The Conservatives lowered the GST by 2 percentage points — cutting about $14 billion in annual revenue.

"I'm not at this stage considering any tax issues that haven't been already put in our campaign platform."

After his remarks were published, Morneau later tweeted: "Contrary to misleading headlines, we are not considering changes to the GST."

In the coming weeks, the government will hold consultations to help it prepare for the federal budget.

THE CANADIAN PRESS

### IN BRIEF

**Ambrose pans Trump**

Donald Trump may be running to lead America's right-wing political party, but his views aren't welcome by Canada's right-wing party, the interim leader of the Conservatives says.

Trump's position should not even be considered right-wing, but something far beyond that, said Rona Ambrose in a wide-ranging year-end interview.

"I think he's off the spectrum, frankly," Ambrose said. "That's not a voice that we welcome in our party." THE CANADIAN PRESS

**Smugglers sentenced**

Two men have been sentenced for separately smuggling eight immigrants across the Canadian border into New York.

Christopher Square, 29, of Kahnawake, Que., was sentenced to nine months in prison. Prosecutors say Square, a dual citizen of the U.S. and Canada, was caught smuggling three people in a van that was stopped by U.S. Border Patrol officers. Daniel Humberto Pulido-Mojica, 30, was sentenced to 11 months in prison.

THE CANADIAN PRESS

The Minto Sports Complex, home of UOttawa men's hockey team. **An alleged incident involving members of the hockey team was mentioned in the document.** THE CANADIAN PRESS FILE

# Sex assault reporting falling short

metro EXCLUSIVE

## Report looks at co-ordination on campuses

**Michael Woods**
Metro | Ottawa

A lack of co-ordination between Canadian colleges and universities has resulted in a "patchwork of services" to prevent and respond to campus sexual assaults, says a newly released document.

A federal briefing note also reveals wide gaps in campus assault data, and suggests the government may need to consider taking an American-style approach when it comes to reporting cases of sexual violence.

Status of Women Canada prepared a briefing note for then-minister Kellie Leitch in March after some high-profile incidents brought attention to the issue of sexual violence against women on campuses.

Metro obtained the document under the Access to Information Act.

One of the alleged incidents involved members of the University of Ottawa men's hockey team, which resulted in the program's suspension and two players being charged. Another incident involved Dalhousie dentistry students who posted misogynistic comments about their female classmates in a private Facebook group — also revealing sexism is deeply rooted in the faculty.

The note spells out some of the actions being taken across Canada, including public awareness campaigns and new policies. Status of Women Canada has funded dozens of initiatives on campuses across the country.

But it also says more co-ordination and better data are needed to get a better handle on the problem.

"There does not appear to be an overall co-ordinated focus of sexual violence prevention and response efforts, resulting in a patchwork of services on campuses across Canada," the document says.

The note also said there's a lack of comparable data about incidents of sexual violence on campuses, meaning the government may need to examine a legislative approach such as the Clery Act in the U.S.

"More could be done to encourage universities and colleges to develop a common reporting framework as well as improve transparency in tracking and reporting incidents," the note says.

Several provinces have developed or are developing sexual violence policies.

Ontario's $41-million sexual assault action plan, for example, includes a requirement for colleges and universities to adopt a sexual assault policy and publicly report rates of sexual violence.

SURVEILLANCE

# Police will not comment on spyware

High-tech surveillance equipment called "stingrays" allows police to listen in on your cellphone conversations and read your text messages — even if you've done nothing wrong.

But Canada's two largest police forces are refusing to say if they use these devices, which work by scooping up the cellphone signals of people nearby.

The RCMP and the OPP have both declined to say whether they use International Mobile Subscriber Identity catchers — known as "stingrays" — because they say giving out that information could interfere with their investigations.

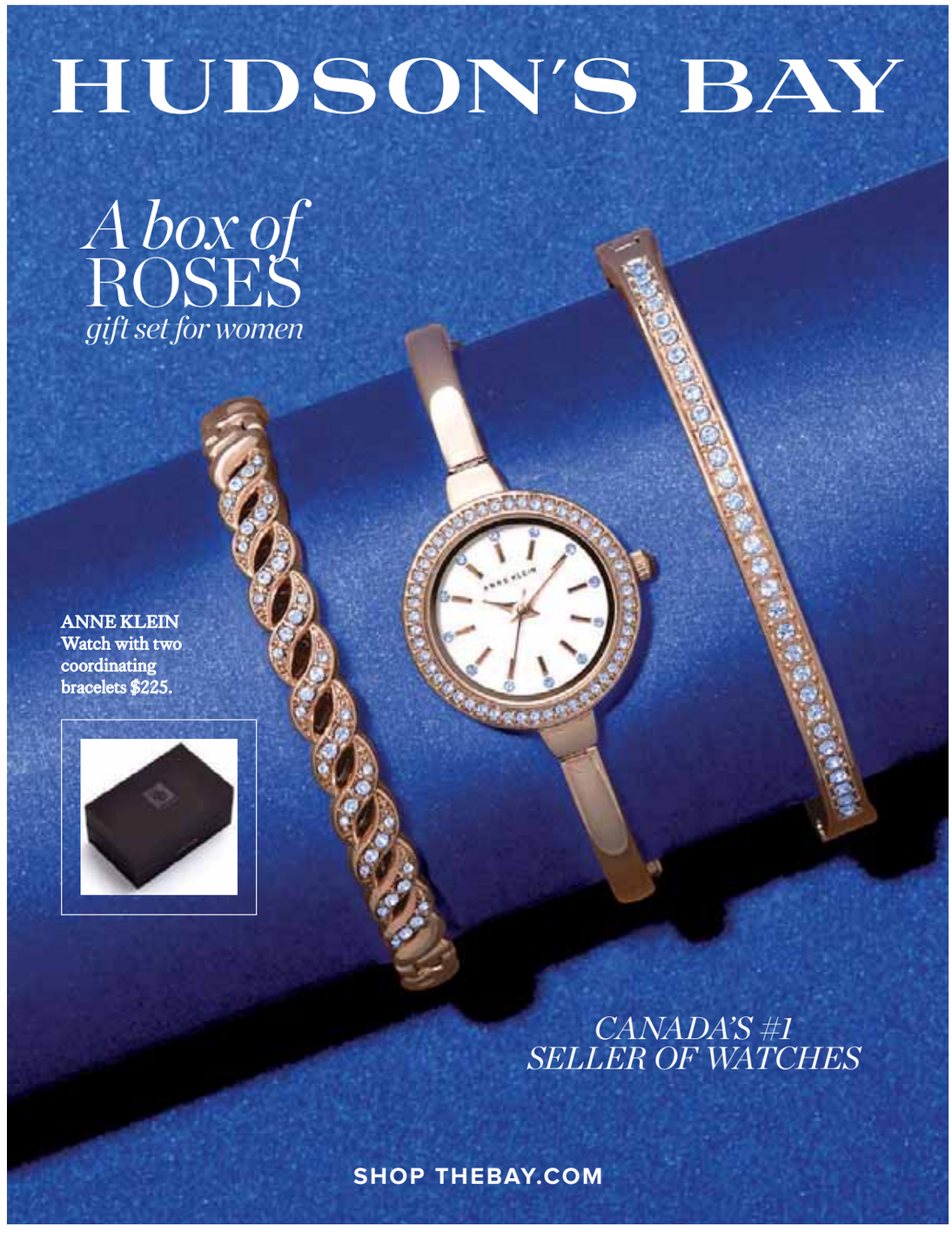
"With respect to the question you have been asking, I'm not in the position to speak given the operational nature of the question, so regrettably I cannot provide a response," said OPP spokesperson Sgt. Peter Leon.

The RCMP also refused to provide any information about whether or how it uses stingray technology. In response to an Access to Information request, the RCMP said those records were exempt from disclosure.

Stingrays mimic cell towers, and trick phones within range into connecting to them. Once a phone makes the connection, the stingray can grab data from it, including phone numbers, texts, calls and websites.

**The StingRay II.** HANDOUT

TORSTAR NEWS SERVICE



# Ben Carson calls for extra troops at Canadian border

UNITED STATES

## Proposal does not explain why more security is needed

Republican presidential candidate Ben Carson is calling for the U.S. to deploy soldiers to parts of the Canadian border.

Carson, who is fading quickly in the polls, made the proposal as part of the "Seven Steps to a Safer America" anti-terrorism plan he issued on Tuesday.

The sixth step: "President Barack Obama and Congress should immediately deploy the National Guard and military troops to patrol the U.S. southern border as well as designated spots along the northern border."

He did not identify the spots or say why he believes current security measures along the Canadian border are inadequate.

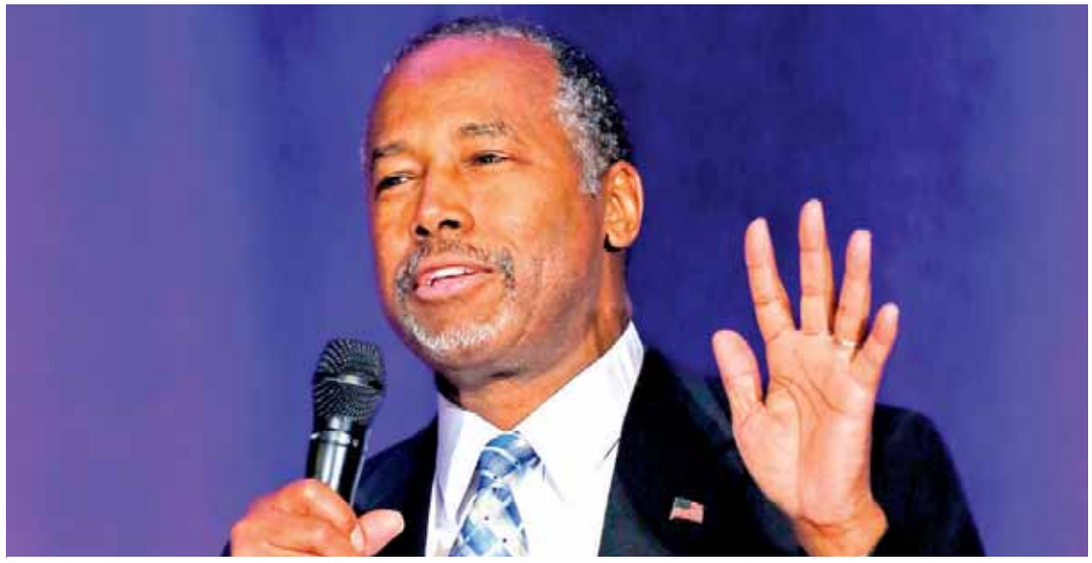
Carson is the second Republican candidate to suggest new defensive measures up north. Wisconsin Gov. Scott Walker, now out of the race, was widely ridiculed for musing about the possibility of a wall along the Canadian border.

Canadian diplomats spent years after the 9/11 attacks of 2001 attempting to combat the widespread myth that some of the hijackers crossed into the U.S. from Canada.

Carson has been plagued by a perception that he is unschooled on foreign policy. He has lost nearly half of his national support in the month since the Islamic State terrorist attack on Paris.

His security plan includes a formal declaration of war against the Islamic State, the formation of a stronger coalition to fight the extremist group, and the creation of a "refugee safe zone" in northeast Syria. Carson does not want the U.S. to accept refugees.

THE ASSOCIATED PRESS



**Republican Presidential candidate Dr. Ben Carson speaks in Phoenix. Carson has called for troops along the Canadian border, as the American election becomes consumed by national-security fears.** THE ASSOCIATED PRESS/THE CANADIAN PRESS

**4th**

**Ben Carson now sits in fourth place in the polls behind businessman Donald Trump, Texas Sen. Ted Cruz and Florida Sen. Marco Rubio.**

### REPUBLICAN DEBATE

**Candidates clash over national security, Muslim ban**

The Paris and San Bernardino attacks have ignited a political debate about President Barack Obama's campaign to defeat the Islamic State in the Middle East and the nation's security posture in preventing attacks in the U.S.

Trump's call for temporarily banning Muslims from the U.S. — a proposal roundly criticized by his rivals — dominated much of the discussion heading into the debate.

"We are not talking about isolation; we're talking about security," Trump said. "We are not talking about religion, we are talking about security." THE ASSOCIATED PRESS

TERROR THREAT

## Hoax in U.S. shuts schools

The nation's two biggest school systems — New York City and Los Angeles — received threats of a large-scale attack Tuesday, and L.A. reacted by shutting down the entire district. New York dismissed the warning as an amateurish hoax and held class as usual.

In LA, the threat came in the form of an email to a school board member that raised fears of another attack like the recent deadly shooting in nearby San Bernardino.

Authorities in New York reported receiving the same "generic" email that was sent to other cities around the country. They decided there was no danger to schoolchildren, with Mayor Bill de Blasio concluding the threat contained "nothing credible."

"It was so outlandish," he said.

The shutdown abruptly closed more than 900 public schools and 187 charter schools attended by 640,000 students across Los Angeles.

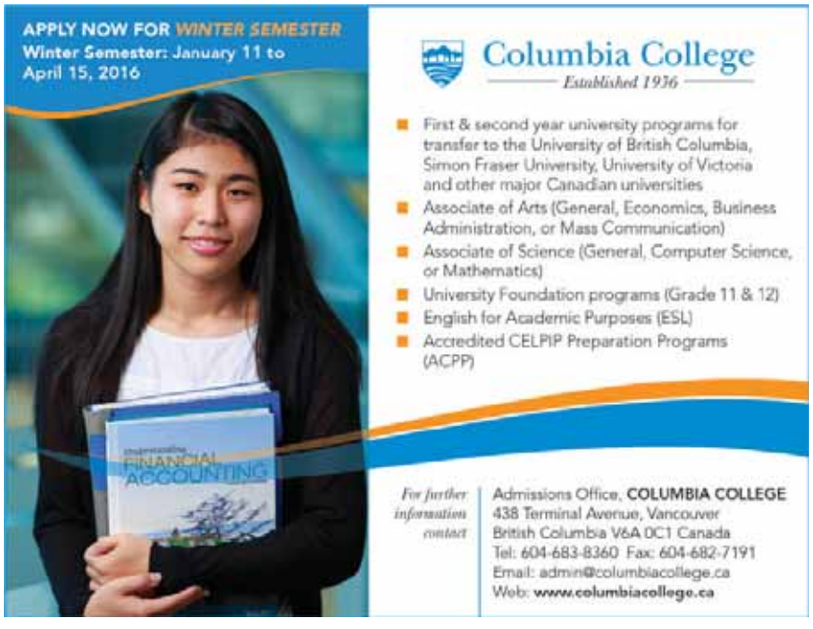
Los Angeles officials defended the move.

"It is very easy in hindsight to criticize a decision based on results the decider could never have known," LA Police Chief Charlie Beck said at a news conference.

The threatening email sent to the New York City school superintendent warned that every school would be attacked with pressure cooker bombs, nerve agents and machine-guns.

The email claimed the writer and "138 comrades" would carry out the attack.

THE ASSOCIATED PRESS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RESEARCH

## Trudeau may be last head of state to go grey, says expert

Leading a country comes with extraordinary privileges but also, apparently, a price: new research suggests that heads of state age faster than normal and that the stress of the job may shave almost three years off their life expectancy.

Doctors analyzed how long presidents and prime ministers in 17 countries — including Britain, Canada, France, Germany and the U.S. — survived after leaving office, compared to the losing candidates. They also observed the number of years that heads of state lived versus what was expected for someone of the same age and gender.

After considering the fates of 279 heads of state and 261 runner-ups, they concluded former leaders lived for almost three fewer years than expected.

"To lose a few years is significant," said Dr. Anupam Jena of Harvard Medical School, the study's senior author.

Even U.S. President Barack Obama recently joked with Canada's new Prime Minister Justin Trudeau — who is about a decade younger than Obama — about how a country's top office can speed up aging. Obama advised Trudeau he should start dying his hair to avoid going grey.

Jena said Trudeau — who is a keen outdoorsman — might fare better than expected.

THE ASSOCIATED PRESS

**U.S. President Barack Obama and Prime Minister Justin Trudeau are seen looking dapper at the Asia-Pacific Economic Cooperation summit.** THE ASSOCIATED PRESS FILE

# Europe proposing a border guard plan

MIGRANT CRISIS

## EU plans 2016 budget of $260 million for new agency

The European Commission has unveiled a controversial plan for a European border guard agency that would deploy to member states overwhelmed by migrants — whether those nations want it or not.

The new agency would have a standing reserve force of at least 1,500 border guards that could be sent to EU border chokepoints within three days, rather than relying on time-consuming calls to nations for volunteers during emergencies.

"This is a safety net, which like all safety nets, we hope will never need to be used," European Commission Vice-President Frans Timmermans told EU lawmakers on Tuesday.

**Migrants sit outside a former Olympic indoor stadium in Athens.** Hundreds have been housed in the stadium after being removed last week from Greece's northern border with Macedonia. YORGOS KARAHALIS/THE ASSOCIATED PRESS

The plan is contentious because it requires countries to surrender some of their sovereignty — something many have viscerally opposed so far — and it's unclear whether the scheme will win enough backing among the bloc's 28 members to pass.

EU leaders will discuss it for the first time at a two-day summit beginning Thursday.

The proposal is just the start of a potentially long and divisive legislative process. Still, the EU has planned a 2016 budget for the agency of 238 million euros ($260 million).

**920K**

**Number of people who have entered the EU this year**, 720,000 in Greece alone. National border guards have struggled with the influx.

According to the International Organization for Migration, more than 920,000 people have entered the EU so far this year. The influx has overwhelmed national border guards and reception capacities, notably in Greece, where some 770,000 migrants have arrived, most of them from Turkey.

The border and coast guard would monitor EU borders to the outside world — like Greece's — and have the right to send border guards, ships, planes or other assets when a country is unable or unwilling to enforce border laws.

THE ASSOCIATED PRESS

NIGERIA

## Shiite protesters shot by police, reports say

Police opened fire Tuesday on unarmed Shiite Muslim protesters in the northern city of Kaduna, leaving three dead, the spokesman for Shiites in Nigeria said, as activists accused soldiers of having killed hundreds of Shiites in "a massacre" in a nearby town.

Police spokesman Zubairu Abdullahi denied any killings and said Shiites tried to attack a police station.

"We only repel the sect who attempted to attack our station," he said. "We only used tear gas to disperse them."

Spokesman Ibrahim Musa of the Shiite Islamic Movement in Nigeria said three people were killed and 10 wounded when police shot "peaceful protesters." They were condemning the mass killings over the weekend and early Monday in Zaria, and demanding the military release their leader, Ibraheem Zakzaky.

The bloodshed was yet another blow to Africa's most populous nation, already beset by a six-year-old insurgency waged by Boko Haram, a violent Islamic group which is at odds with the Shiites.

THE ASSOCIATED PRESS

### IN BRIEF

**Soyuz docks with ISS**

A Russian spacecraft carrying three astronauts from the U.S., Britain and Russia docked Tuesday at the International Space Station. The Soyuz was carrying Russian Yuri Malenchenko, Timothy Kopra of NASA and Timothy Peake of the European Space Agency. THE ASSOCIATED PRESS

**Jury deadlocked in trial**

Jurors in the trial of Officer William Porter charged in the death of Freddie Gray said Tuesday they were deadlocked, but the judge told them to keep deliberating. Police were stationed around the city ahead of any verdict to prevent unrest and rioting.

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# Young have most debt: BoC

ECONOMY

## Borrowers under age 45 more at risk of income drops

The most-important weak spot in the armour of the country's financial system — climbing household debt — is increasingly concentrated among younger Canadians, the Bank of Canada said Tuesday.

The most-indebted borrowers tend to be under 45 years old and usually earn less money, which would put them more at risk of income drops caused by an economic downturn, the central bank said.

The bank's semi-annual financial system review was released as the economy struggles to build momentum after contracting over the first two quarters of 2015. Borrowers have helped carry the load for the economy and, as a result, the key vulnerability of household debt has continued to rise.

The bank, however, said that while income growth has failed to keep pace with mounting mortgage credit, the chance of household debt becoming a serious problem remains low and is likely to fade as the economy picks up steam.

THE CANADIAN PRESS

### market minute

**DOLLAR** 72.79¢ (unchanged)
**TSX** 12,919.57 (+224.08)
**OIL** $37.35 US (+$1.04)
**GOLD** $1,061.60 US (–$1.80)

**NATURAL GAS:** $1.822 US (–7.2¢)
**DOW JONES:** 17,524.91 (+156.41)

**ROMANIA SHEPHERDS STORM PARLIAMENT** More than 1,000 angry shepherds scuffle with riot police Tuesday in Bucharest after breaking through fences to get into the grounds of Romania's parliament. They were protesting a law that limits the number of sheepdogs they can use and bans them from grazing sheep during winter. THE ASSOCIATED PRESS

BEER SALES

# Rules differ across Canada for alcohol

Ontario allowed the sale of beer in grocery stores for the first time Tuesday and is still looking at ways to expand wine sales to more private outlets.

The rollout follows a deal with the Beer Store, which will eventually see 450 grocery stores — large and small — sell beer by 2017. THE CANADIAN PRESS

HERE'S HOW ALCOHOL IS SOLD IN OTHER PROVINCES:

**Nova Scotia:** Beer, wine and spirits are sold at provincially owned liquor-store outlets. Some beer, wine and spirits are available at some private stores.

**Quebec:** Beer and wine are sold in grocery stores and corner stores. Wine, spirits and select beer are sold in government-run outlets.

**Saskatchewan:** Beer, wine and spirits are sold at provincially owned liquor stores, rural franchises licensed by the government and in three privately owned stores. Beer, wine and spirits are also available at various "off sales" attached to bars and restaurants.

**Newfoundland and Labrador:** Beer is available in convenience stores. Liquor and beer are sold at provincially owned liquor store outlets. Wine is only sold at provincially owned liquor-store outlets.

**Alberta:** Beer, wine and spirits are sold in privately owned liquor stores.

**Prince Edward Island:** Beer, wine and spirits are sold at provincially owned liquor-store outlets and a number of licensed agency stores.

**New Brunswick:** Beer, wine and spirits are sold in provincially owned liquor-store outlets. A limited selection of wines is available at some grocery stores.

**British Columbia:** Beer, wine and spirits are sold in provincially owned and private liquor stores. Craft beer can be purchased at the brewery.

**Manitoba:** There is a mix of government-run and private wine and beer stores. Hotels are allowed to sell beer as licensed vendors, similar to "off sales."

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metro VIEWS
Your essential daily news
Wednesday, December 16, 2015

**Moove over, sheep**
Mom was right: Warm milk does promote sleep, says a new study — but more so if it's drawn late at night from sleepy cows.

## URBAN ETIQUETTE ELLEN VANSTONE

# THE QUESTION

**When is it OK to say hello in the office men's room? At any other point in my day, I will nod to colleagues. But it seems wrong to greet them when they're actually peeing. Yet it's also a bit weird to ignore them completely.**

Dear Ellen,

**This is a delicate problem, summed up in one simple question: When is it OK to say hello in the men's room? I'm talking mainly about the office. At any other point in my day, I will nod a "hello" to colleagues. But, if I encounter them in the staff washroom, it seems wrong to greet them when they're actually peeing. Some men need to concentrate, so it's probably disruptive to start a conversation. But it also seems weird to ignore them completely. Should I nod at before or after apparel is adjusted? Or wait till the hand-washing stage?**

Worried of Toronto

Dear Worried,

I know who you are because you recently approached me in person about this, and I told you to email the question. But your letter has left out the most interesting thing you said in our brief conversation: I.e., that men often pass gas while at the urinal.

I have two things to say about this: 1) Sorry, guys, this does not qualify as multi-tasking; and 2) I was surprised, since women, in my experience, do not do this in public washrooms. Given my ignorance of men's room practices, I will turn to a male expert (as I did previously, in a column about the shy male pee-er): my esteemed editor and final arbiter on all things etiquettical, Matt LaForge.

See Matt's men's room guidelines below, along with a few reminders from me for polite patrons of the ladies' room.

**Don't "look." You know what I'm talking about.**

HERS

Hover craft: If you must crouch above the toilet without touching it while you pee, wipe stray droplets off the seat afterwards.

Timing for stalls: As long as the patriarchy continues to confuse "equality" with an equal number of stalls in male and female washrooms, women will be lining up to pee before, during and after every public event. So when you do finally achieve the bliss of a stall with a working toilet and sufficient tissue, don't dawdle. Your sisters in the lineup snaking out the door are just as desperate to void and exit as you are.

'N sink: Once you've washed your hands, try to find another piece of mirror to check hair, teeth and lips so someone else can squeeze in to wash their hands at the sink.

HIS

Worried, not all matters of etiquette are cut-and-dried — and, as final arbiter, I should know — but this one is. The basics are as follows:

When passing a colleague on the way in or out of the men's room, feel free to greet him as if you were in the hallway, on the trading floor, in the grain silo, or on the swing stage (I don't know where you work). When washing or drying your hands next to a colleague, it is, as your letter suggests, perfectly acceptable to greet or even to hazard a conversational salvo. When one or both of you is peeing, however, you should act as if you were a child before about the mid-1980s: Don't speak unless spoken to.

The fellow at the urinal is in a vulnerable state; presume therefore that he would prefer to be left alone. But if his coping mechanism involves compulsively making small talk, reply politely (eye-contact not necessary) even if you would just as soon allow silence to prevail. In all cases, bear in mind etiquette's Golden Rule: The comfort of others takes precedence over yours. If that means subsuming your desire to fill every silence with idle chit-chat, do so. And if that means forfeiting your own desire for quiet so as to indulge a chit-chat artist, then do that.

While we're on the subject, let's get another simple one out of the way. Don't "look." You know what I'm talking about: You're standing there and, for no reason more dubious than the mere fact that ceramic tile isn't much to look at it, you find yourself compelled to, as it were, survey the scene. Refrain. While peeing abreast of another man, colleague or no, act as you would in the presence of someone who's changing or breastfeeding. That is, afford him as much metaphysical privacy as the circumstances allow.

I've heard it suggested, as you no doubt have, that the injunction not to "look" is somehow rooted in homophobia. Nonsense. Any homophobic behaviour that arises as a result of a "looking" incident is separate and distinct from the underlying issue.

The underlying issue, Worried, is that to be seen naked is, in most cases, to be made uncomfortable, and that this is true whether or not the beholder shares a gender with the beheld (for more on this, see the Book of Genesis). Remember that Golden Rule: Take care to recognize another's discomfort and, at a minimum, don't make it worse.

*With files from Matt LaForge*

**Need advice?**
**Email Ellen:**
scene@metronews.ca

## ROSEMARY WESTWOOD
**metroview**

# Celebrating feminism and rejecting the label? You're freeloading.

An elephant walks into a crowded room. "I'm not an elephant!" he declares. "Sure, I have the trunk, tough grey skin and the ivory, but I don't like labels, and I don't consider myself to be an elephant."

No one says anything, for fear of upsetting him, though they recognize the elephant is objectively wrong.

And that's the origin of the "elephant in the room" idiom.

Or not. But it is the tale of the flawed logic of most 40-ish women in Canada.

According to a survey by Chatelaine magazine and Abacus Data — released last week and irritating me ever since — 68 per cent of women 35-45, when asked if they are feminists, said, "No."

Let's suppose that some of those women really don't believe in the equality of the sexes, in which case not being a feminist makes perfect sense.

Let's also suppose that many of those women do in fact believe men and women are equal, in which case they are not making sense at all.

That invites the question: Why would they deny it? In video interviews, many explained they have a distaste for the label.

Labels are often only disliked when they're controversial. These women, presumably, are OK with being called women. They're also OK with being called 40(ish). Obviously, "feminist" isn't so innocuous. These women, it seemed from some of the interviews, don't want the flak. They perhaps don't want to have to explain that "feminist" is not synonymous with "angry man-hater."

And that's cowardly.

Some indicated they feel privileged enough not to need feminism, unlike the thousands of murdered and missing indigenous women, say, who are three times more likely than white women to be victims of violent crime.

And that's selfish.

I will also, finally, charge this: By expecting and lauding the wins made by feminists, while in the same breath rejecting that label, you're freeloading. You're getting all the goods — the push for equal pay, for more women leaders, for the end of harmful masculine and feminine ideals, for shelter from a violent partner should you ever need it — without standing up for the cause that serves you.

I've been told that women respond more to emotions than logic, and also that a woman attracts more bees with honey, so here's the soft pitch: If you come out of the closet, you'll find Justin Trudeau, Aziz Ansari, Beyoncé and Malala Yousafzai waiting for you with open arms.

I'll even throw in a pair of 100 per cent cotton "Feminist" stamped underwear.

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Howard Stern signs deal with Sirius XM to stay on for five more years

# 5 FOOD TRENDS FOR 2016

Ready for a taste of 2016? Since we're all tired of hearing about bacon, Brussels sprouts and cauliflower steaks, let's look forward to some of the flavours and foods that will be popping up in the coming year. It's not so much that these foods are radically new. Rather, they are edging toward a critical mass, making them common on restaurant menus and easier to find. **THE ASSOCIATED PRESS**

## Grains and legumes

It all started with quinoa. Now all sorts of crazy grains and legumes (or seeds masquerading as them) have been popping up. We have farro and teff, millet and triticale, not to mention wheat berries and rye berries being cooked and consumed straight up. But there also are other changes in this niche. First, the sprouted phenomenon. Many grains and legumes are being briefly sprouted before being dried and packaged. The result is a slightly sweeter, nuttier flavour. Second — and even more profound — is ease. As in, companies have gotten wise to the fact that more people would eat more legumes if they were easier to prepare. And then there are the flours. No doubt stirred by all the interest in gluten-free foods, many company now produce bean flours, such as black bean flour, fava been flour and chickpea flour.

## Seaweed

There was a lot of hype this year about researchers growing a new seaweed that supposedly tastes like bacon. But in the meantime we have nori, the seaweed that often is pressed and dried in sheets, then used to wrap maki-style sushi. But it can do much more, and folks are starting to wake up to that. First, try it as an almost calorie-free potato chip substitute. Typically marketed as "seaweed snacks" and sold in single serve packets, these are crispy, salty and addictive. Nori is also being turned into condiments. Combined with sesame seeds and salt, it's called furikake. Or there is the Sea Shakes line of seaweed seasoning blends, which combine kelp, dulse and nori with garlic, lemon peel and rosemary (among many others) with delicious results. Try any of them over roasted vegetables, cooked chicken, rice and other grains.

## Little fish

Two things going on here. First, the trend in seafood is to eat lower on the food chain. It's good for the oceans; it's good for the fishing industry. Second, we've all become enamored with umami (the flavour best described as "savory"), and little fish — and the products made from them — tend to be umami bombs. So expect to see lots of anchovies and sardines, and expect to see them in starring roles.

## Umeboshi plums

These are the fruit of the ume tree (a relative of the rose). They resemble small apricots, but can't be eaten raw. That's why most of them are salted, fermented and dyed red using shisho leaves. The resulting "plums" have an intensely sour-salty flavour that can be weirdly addictive. They usually are sold whole, as a paste or as a vinegar. In traditional Japanese cooking, umeboshi are eaten straight up, or are served inside balls of rice that are wrapped in nori, but I've been seeing umeboshi showing up in unusual places lately. The vinegar is great in marinades and dressings. Try it sprinkled over a bean and quinoa salad with avocado and shrimp.

## Alternative sugars

Avoiding high-fructose corn syrup is getting a little easier, in part because a growing number of soda companies are returning to pure cane syrup. But there also are other changes to the sweetener world. Of particular interest is the growing selection of natural sweeteners made from alternatives to either cane or corn. Agave syrup (also called agave nectar) is the juggernaut here. There also are sweeteners made from coconut (both syrups and granulated), barley, brown rice, dates and apples.

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**Hot pot is a perfect holiday meal to get friends and family to gather round table for.** TORSTAR NEWS SERVICE

# Your guide to hosting a hot pot dinner party

ENTERTAINING

## Guests share in the cooking of this communal Asian meal

It's the time of year to gather around the table for a hot pot. Here's your essential guide.

**Gather for a hot pot**

While many eagerly anticipate turkeys and Sunday roasts this winter, lots of Chinese households are looking forward to hot pot. A form of communal dining, people gather around a big pot of boiling broth on a single burner and cook their own meats and vegetables. Think of it as Asian fondue, but instead of dipping bread in cheese you're swishing slices of fatty beef in delicious broth. It's easy to make — here's what you need to get started.

**Soup base**

Asian grocers sell soup bases containing peanut sauces or hot chilies, but it's easy to make your own. Keep it simple and clean-tasting by simmering a few slices of daikon and Chinese cabbage (just add to a pot of boiling water and let simmer for 30 minutes). Regional variations in China (not to mention other hot-pot hotspots including Japan, Vietnam and Thailand) have tomato-based broths, herbal blends or soups filled with Szechwan peppers.

**Meats**

The popularity of hot pot has led to Asian grocers selling pre-sliced meats including fatty beef, pork and lamb intended for the communal meal (T&T is a one-stop shop for this). If you can't find pre-sliced meat, slice a well-marbled cut of rib-eye or chicken breast as thin as possible against the grain. These are essential because they add flavour to the broth and cook in less than a minute: as soon as the meat is no longer red or pink, it's ready to eat. Try branching out to offal as well: Tripe, tendon, pig intestine, cubes of pigs' blood, thinly sliced kidneys, livers and beef tongues are popular hot pot ingredients.

**Meatballs and dumplings**

Hot pot meatballs and fishballs have a dense, bouncy texture when you bite into them. It's good to have a few floating around in the pot, ready to eat while something else is cooking.

**Seafood**

Shrimp, squid, mussels, shucked oysters, scallops, crab and fish such as salmon and bass cut into two-bite chunks are great for hot pot. Fake crab (surimi) is already cooked and only requires a quick dunk. I also recommend highly addictive fried fish skins. Eat them like chips, or dip them briefly in the hot broth to slightly soften.

**Vegetables**

Leafy greens and root vegetables balance out the protein you'll be eating. Dump handfuls of lettuces, watercress and snow pea shoots into the pot until they wilt, three minutes or less so they maintain a bit of their crunch. Bok choy takes an extra minute or two. Cut root vegetables — lotus root, daikon, carrots and potatoes — into inch-thick slices to flavour your broth, or slice them into thinner pieces if you want to eat them after a minute or two of cooking. Taro requires less time to cook, and will disintegrate if cooked too long.

**Mushrooms**

Sliced king oyster mushrooms, shiitakes, hen-of-the-woods (maitake) or whole button mushrooms and bundles of shimeiji and enoki are ideal to soak up the broth.

**Tofu**

Opt for firm or extra-firm tofu so that it doesn't fall apart in the pot. Tofu puffs and bean curds provide a pleasant chewy texture.

**Gluten**

Wheat gluten (the main protein in wheat) is tofu's meatier and more flavourful cousin made from overworked dough.

**Noodles**

When the broth is this tasty, you have to have some noodles. Udon, ramen, rice vermicelli and glass noodles are the most common options. Put noodles into the pot for just a minute or two toward the latter stages of your meal when the broth has taken on the flavours of the meaty gristle and fat.

**Dipping sauces**

Set bottles of soy sauce and sesame oil, as well as jars of peanut sauce, spicy satay sauce, chili paste and hot sauce at the table with a small bowl for each guest to mix their own sauce. Add green onions to your personal bowl or beat a raw egg into your bowl. The egg is supposed to add a silky texture to the sauce, but consume uncooked eggs at your own risk. TORSTAR NEWS SERVICE

**FOOD**

**Hot tips**

- Throwing too much into the pot at once drastically lowers the temperature of the broth, which makes everything take longer to cook. Don't rush. Cook a bit of food at a time and keep the broth at a steady boil or simmer. Have a kettle or pot of hot water ready in the kitchen to top up the broth.
- Each guest should have two pairs of chopsticks: one for raw meat; the other for eating the cooked food.
- The smell of boiled meats permeates clothing, take off the blazer and fancy cardigan before sitting down to dinner.

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# Rising from food ruins

## There's almost no kitchen mistake that can't be fixed. Here are some common holiday cooking problems and the best ways to solve them

THE ASSOCIATED PRESS

Julia Child's philosophy was simple: Embrace the disaster, do what you can to fix it, but tell nobody. NEW YORK TIMES /GETTY IMAGES

Hosting a dinner party? Bear in mind the words of Julia Child: **"Never apologize. Never explain."**

### The turkey isn't done

So your guests arrived two hours ago, but the turkey has barely broken 125 F. Now what? This is a hard fix, but it's not impossible. Start by making sure you are getting an accurate read on the turkey's temperature. Use an instant thermometer inserted at the leg/thigh joint, and make sure the probe doesn't hit bone.

Next, pull the bird from the oven and increase the temperature by 50 F. Cover the turkey with foil, then return it to the oven. Check the temperature every 30 minutes, but no more than that.

More frequent opening of the oven lets the heat escape, further slowing the cooking. Once you are within striking range of your target temperature (155 F to 160 F), remove the foil to allow for browning (unless the bird already was sufficiently golden).

In the meantime, distract your guests with an easy snack and cocktail. Nobody will notice the delay.

How to avoid this next time? Plan better. For example, if it is recommended that you roast your 16-pound turkey at 325 F for 3 1/2 to 4 1/2 hours, assume it'll take the longer estimate.

But even so, start checking the internal temperature on the early side, after about 3 hours. If the turkey's not done, keep checking at 30-minute increments until it registers about 160 F.

### The turkey is done too soon

Turkey needs to rest, covered loosely with foil, before carving, for at least 20 minutes. And it will stay rip-roaring hot for up to an hour.

### The turkey is dry

To fix a dry bird, heat the oven to 300 F. Carve the meat off the bird, slicing it as you would to serve.

Arrange the slices, slightly overlapping, in a shallow baking pan, then pour some turkey or chicken broth over them, enough to come halfway up the sides of the slices of turkey. Cover the pan tightly with foil and heat the turkey for 10 minutes, or until it's heated through.

Now lift out the slices and arrange on a serving platter. Ladle gravy over the slices.

It will be a beautiful presentation and the meat will be deliciously moist.

### The turkey isn't carving nicely

Sometimes when you carve the bird, much of the breast meat remains on the bone. The reason this happens is the wishbone, which blocks the knife from slicing all the way down to the rib cage. Remove the wishbone, then get back to carving. And the best way to carve is to start by cutting the whole breast off the carcass, removing one half-breast at a time. Then slice.

### The beef or pork is overcooked (or cold)

Start by heating some of whatever gravy you have on hand. If it appears there might not be enough, stretch it by adding a little beef or chicken broth (or, in a pinch, water). Slice the meat thin, arrange it in overlapping slices on the serving plates (do all of this out of view in the kitchen), then pour a liberal helping of hot gravy on every serving.

### The gravy is lumpy

Pour the gravy through a mesh strainer and discard the lumps. Alternatively, portion the gravy into a blender in batches and puree until smooth.

### The green vegetables are overcooked

Pop the vegetables into the food processor and pulse until they are finely chopped. Now mix them into the mashed potatoes, rebranding the dish as "Brussels sprouts potato mash." This example is particularly delicious if you happened to toss some bacon in with the overcooked Brussels sprouts.

### The pie falls apart or the crust crumbles

Spoon it into wine glasses in alternating layers with a bit of ice cream or whipped cream and call it a pie trifle.

### The whipped cream is over-whipped

If the whipped cream starts to look dry and grainy, just add a little more cream and carefully beat it until soft peaks form. Then stop. You're done.

Alternatively, assuming you have enough heavy cream to make a second batch, keep beating the first batch until the cream completely breaks and forms butter (and liquid, the buttermilk). Drain off the buttermilk (save it for pancakes the next morning) and season the butter with salt. Serve it with the dinner rolls. It will be the best butter you've ever eaten.

### The cake is dry

Make a simple syrup by combining equal parts sugar and water and heating them in a saucepan over low heat until the sugar is dissolved. If you want to flavour the syrup, add vanilla, lemon zest or juice, orange zest or juice, brandy or another liqueur. Brush the syrup liberally over the layers of the cake before assembling. Or slice the cake and drizzle the syrup over each serving.

Or you can make a quick raspberry or strawberry sauce by combining some frozen (thawed) berries with a little sugar in a blender. Puree it all, then strain the puree to remove the seeds. Pour the sauce over the cake slices, top each portion with ice cream and call it cake a la mode.

### The cake/cheesecake/ pumpkin pie is cracked

You can camouflage the cracks by decorating the top of the dessert with lightly sweetened whipped cream or by dusting it with powdered sugar shaken from a mesh strainer. Either quick fix should be done at the last minute because the whipped cream eventually can get watery and the powdered sugar will weep if it sits for too long on top of the cake.

### The rolls burned on the bottom

Perform a taste test. Using a serrated knife, slice the bottom off one of the rolls, then taste what's left. If it tastes burned, toss them. If it tastes fine, slice the bottoms off all of the rolls, arrange them in a single layer in a basket, bottoms up, and spread softened butter on the cut sides. Serve them hot and call them hot buttered rolls.

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# Add some kick to your classic latkes

RECIPE

## Purists may not approve; Chipotle for the rest of us

Traditionally, latkes, or potato pancakes, are served with sour cream and/or applesauce, so people can choose or have a little of each.

Some people have strong opinions about the applesauce vs. sour cream situation. To mix things up, try a dab of chipotle sour cream atop the latkes.

Purists might gasp and turn away ... thus leaving more chipotle sour cream for the rest of us.

These crispy little potato pancakes make a wonderful appetizer or a great side dish all year long.

Cooking the pancakes in a combination of olive oil (pure, not pricier extra-virgin) and butter provides such great flavour. But you can use just olive oil if you prefer.

Keep an eye on the heat level as you cook the latkes; you want it high enough to cook up crisp pancakes, but not so high that the oil smokes and turns brown.

You also can use vegetable or canola oil, which work just fine.

**Add some interest to classic latkes with this recipe that calls for chipotle sour cream.** THE ASSOCIATED PRESS

### Latkes with Chipotle Sour Cream

The shredded potatoes may start to brown during this recipe, but don't worry about it. When you cook them up it won't be noticeable.

**Start to finish:** 30 minutes
**Servings:** 4

**INGREDIENTS**

- 2 1/2 pounds Russet potatoes, peeled
- 2 large eggs
- 1/2 cup minced yellow onion
- 1 Tbsp matzo meal or all-purpose flour (optional)
- Kosher salt and ground black pepper
- Olive oil, for cooking (about 1/2 cup)
- 3 tablespoons butter (optional, but recommended)
- 1/2 cup sour cream
- 1 chipotle in adobo sauce, pureed or finely minced
- 1/2 teaspoon lime juice

**DIRECTIONS**

**1.** Heat the oven to 200 F.

**2.** Using the shredding disc of a food processor or a handheld grater, grate the potatoes on the large-holed blade or side. Place the grated potatoes in a large bowl, and let them sit while they release their liquid, about 5 minutes.

**3.** Meanwhile, in another large bowl, mix the eggs and minced onion. With your hands, grab a handful of the grated potato and squeeze over the bowl to get out as much liquid as possible.

Transfer the squeezed potatoes into the bowl with the eggs. Repeat with remaining potatoes.

**4.** Insert your finger into the liquid left in the potato bowl. You'll feel a firm layer of potato starch at the bottom. Carefully pour off the liquid from the top, then scrape up the starch from the bottom of the bowl and mix it into the egg and potato mixture. This natural starch helps bind together the potatoes. If there is only 1 to 2 tablespoons of starch, you'll also want to blend in the optional matzo meal or flour. Generously season with salt and pepper.

**CUSTOMIZE**
**Switch up the type of potato used for different flavours. Starchier potatoes make for crispier pancakes.**

**5.** In a large skillet (or use 2 large skillets to speed up the process), heat a couple of tablespoons of the olive oil and a teaspoon or so of butter until the butter has melted and the fat is hot. Swirl the pan, and then add the potato mixture by the spoonful (large or small, as desired).

Gently press the mounds into rounds. Cook until golden brown and crisp, 4 to 5 minutes per side. You'll need to keep a close eye on the heat. Too low and they won't brown properly; too high and the oil will smoke.

**6.** Transfer the latkes to paper towels to drain, then transfer to an oven-safe serving platter. Set the platter in the oven to keep warm, then repeat the process with the remaining latkes, adding oil and butter as needed.

Between batches, you also may want to wipe out the pan to remove any bits of latke or if the oil is getting dark.

**7.** The potatoes will continue to release liquid as they sit. As you get to the bottom of the bowl, just give the potato mixture a quick squeeze before putting it in the hot pan to avoid splattering.

**8.** While the latkes are cooking, in a small bowl blend together the sour cream, chipotles, lime juice and a pinch each of salt and pepper. Serve the chipotle sour cream with the warm latkes. THE ASSOCIATED PRESS

COMFORT FOOD

# The dish that adds some spice to your life

Chili purists, steel yourselves. Or as author Robb Walsh suggests, at least suspend disbelief and let your taste buds be the judge while taking a colourful romp through chili history — and some creative adaptations of the ancient dish.

The Chili Cookbook has every version you can think of, and explores its evolution from Mexico to the American southwest and how it has influenced mealtime around the globe.

The Chili Cookbook ($24.99) is a 190-page hardcover that traces 500 years of chili, from the first Aztec stew to the tastes of modern Texas cowboys.

There are 60 recipes for chili disciples of all kinds — with or without beans, with or without meat, using venison and lobster, and merged with cuisines of countries like Hungary, Greece and Pakistan. There are recipes from American roadside diners and even the White House.

Walsh also includes a primer on the varieties of dried and fresh chili peppers, and a ranking of commercial chili powders, which often substitute other spices for pure ground chilies.

Or there's a recipe to make your own.

Texan Robb Walsh is a longtime food writer who co-owns El Real Tex-Mex Café in Houston. On his journey into chili pepper culture, he says he discovered heart-stopping recipes in the most unlikely places.

Recipes we are dying to make include: Lobster chili; White chicken poblano chili; Huevos rancheros "Christmas"; Lentil, sweet potato and ancho chili; Frito pie. TORSTAR NEWS SERVICE

**Use premium cocoa in this Cocoa Bird Chili recipe from The Chili Cookbook.** CONTRIBUTED

## RECIPE: COCOA BIRD CHILI

*This recipe is adapted from The Chili Cookbook.*

**Ingredients**

- 1-1/2 Tbsp (23 mL) canola or vegetable oil
- 2 medium yellow onions, chopped
- 2 cloves garlic, chopped finely
- 1-1/2 tsp (7 mL) dried oregano leaves
- 1-1/2 tsp (7 mL) ground cumin
- 1 lb. (450 g) ground chicken
- 1 lb. (450 g) ground turkey
- ¼ cup (60 mL) chili powder
- 2 bay leaves
- 1 Tbsp (15 mL) unsweetened cocoa powder
- 1 tsp (5 mL) kosher salt
- 28 oz. (796 mL) can whole tomatoes with juice, chopped coarsely
- 3 cups (710 mL) chicken stock
- 8 oz. (250 mL) can tomato sauce or 1 cup (250 mL) canned crushed tomatoes plus 2 Tbsp (30 mL) tomato paste
- 19 oz. (540 mL) can white kidney beans, drained, rinsed
- 19 oz. (540 mL) can red kidney beans, drained and rinsed

**Garnish**

- Sour cream
- Chopped red onion
- Chopped fresh cilantro

**Directions**

In large saucepan, heat oil over medium heat. Add onions and sauté until tender, about 10 minutes. Add garlic, oregano and cumin.

Increase heat to medium high. Add ground turkey and chicken, breaking up with back of spoon. Stir until cooked through.

Add chili powder, bay leaves, cocoa powder and salt. Add tomatoes with juice, stock and tomato sauce (or crushed tomatoes with tomato paste).

Bring to boil. Reduce and simmer, uncovered, for 45 minutes, stirring occasionally. Add white and red beans and simmer until flavours blend, about 10 minutes. Discard bay leaves.

To serve, ladle chili into bowls, add a dollop of sour cream and sprinkle with red onion and cilantro.

**Serves 8.**

# It finally feels good to be a fan again

THE FORCE AWAKENS

## Forget the recent trilogy and watch like it's 1983 again

**Colin McNeil**
Metro | Canada

The last time anyone was this excited about a Star Wars movie, I was 11 years old.

It was 1999 and Episode I: The Phantom Menance had just opened. I went into that theatre a young Star Wars fanatic — the proud owner of a hundred action figures, reciter of dialogue and watcher of VHS tapes. I came out disillusioned. This wasn't my Star Wars.

It looked different, felt different, sounded different.

It was the beginning of a dark time for fans — the prequel years.

I must be a slow learner, because here I am with opening night tickets to The Force Awakens, and I've already picked out my favourite Yoda shirt to wear. After guarding my heart for much of the lead-up to this new film, I admit, I've given it fully to Disney — for better or worse.

Maybe you have too. But if you're a jaded millennial fan with a voice inside that's crying out to believe all over again, don't be afraid to bring a revised version of Star Wars with you into the theater this weekend.

I want you to party like it's 1983. There are no prequels. Hell, there aren't even any special editions. Han shot first, midi-chlorians aren't a thing, and Darth Vader sure as Sith didn't build C-3PO when he was nine.

I want you to dredge up what it felt like waiting in line outside your neighbourhood Cineplex in 1999, before anyone knew what a Jar Jar Binks was and before we were mauled by flat characters and limping plot lines.

Take it a step further and walk into that theater without the weight of six films and countless TV shows, comics and books on your shoulders.

Remember what Yoda said, "Let go of everything you fear to lose," and let this new story take you where it may.

And if you're brand new to this whole Star Wars thing, now is the time to dive right in.

If we know anything about J.J. Abrams from his captaincy of the Star Trek reboot, it's that he's ready and willing to make this franchise accessible for everyone.

Welcome to the club.

Follow Colin McNeil on Twitter @McNeilColin

**Let go of the disappointments of the recent Star Wars movies and watch The Force Awakens with fresh eyes.** THE CANADIAN PRESS

**MOVIE RATING**
**by Richard Crouse**

### Star Wars: The Force Awakens

★★★★

There's good news for Star Wars fans. The initials in director J.J. Abrams's name definitely do not stand for Jar Jar. His take on the Star Wars universe does everything the much-maligned prequels did not — that is, it focuses on character and adventure, not treaties or political dealings. The Force Awakens delivers a nostalgic blast while at the same time freshening up the series.

**HOW RATING WORKS**

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# 5 (SPOILER-FREE) THINGS TO EXPECT IN THE FORCE AWAKENS

Yes, we've seen it. Metro had an early viewing of the new Star Wars movie, and it does not disappoint. Here are five things to whet your appetite for the big return to a galaxy far, far away. And don't worry, we won't be ruining it for you. We hate spoilers, too. **MIKE DONACHIE/METRO**

## 1 This ain't no Phantom Menace

The new movie is good. It's really good. This is J.J. Abrams' take on Star Wars, and Jar Jar Binks need not apply. It's a return to the escapist fantasy of the Star Wars universe, with no midi-chlorians. The film isn't perfect — there are discordant moments with unlikely coincidences, or general silliness — but it doesn't matter. Some purists might be left unhappy, but this deserves to be the movie event of the year. It'll make you feel like a kid again.

## 2 Yes, you will geek out

The gang's all here, and of course we know that from the trailers. But to see Han Solo and Chewbacca back in action is an absolute joy. The droids are there, too, and just as hilariously annoying. As for Luke and Leia ... just go see it. We can say no more. There are dozens of little references to the old movies. There are lines to make you grin and objects to recognize, plus a ton of cool new stuff. And nothing will prepare you for the sight of the Millennium Falcon in flight again.

## 3 Rey is the female hero we've been waiting for

The Star Wars franchise has had a bad record with women being left in the background without many lines. This time, though, there's no gold bikini. Instead, there is Rey. Played by Daisy Ridley, she is the touchstone of the film. She doesn't need anyone to rescue her, and she's not hanging around waiting for the men to catch up. Rey is a capable, clever, hard-hitting young woman. She's the character that Star Wars was missing.

## 4 Han Solo is your grandpa now

This guy got old. There's no attempt to hide the fact that Harrison Ford is 73. His face is lined, his movements are sometimes stiff and he talks like a man who's seen too much of life.
But it's still Han, wise-cracking, blasting and cheating his way across the galaxy, and to hell with anyone who gets in his way. It's easy to see why Ford agreed to return — this role is one of the defining moments of his career.

## 5 Prepare to get emotional

Great movies play with your emotions, and this is one of those great movies. There are so many laugh-out-loud moments, and some tearful ones, too. But, overall, it's just exciting as hell.
Practise those blaster and lightsaber noises now, because you're going to hear them a lot and you might as well join in. The pacing of The Force Awakens might be Abrams' greatest contribution to the franchise. He's taken George Lucas' toys and made them fun to play with again. Prepare to jump to lightspeed.

JOHANNA SCHNELLER WHAT I'M WATCHING

# The subtle side of feminism

**THE SHOW: Supergirl, Season 1, Episode 6 (Global/CBS)**
**THE MOMENT: The Anger Lesson**

Snarly media mogul Cat Grant (Calista Flockhart) is schooling her sweet assistant, Kara Danvers (Melissa Benoist), on workplace behaviour. (Cat doesn't know that Cara is Supergirl, who's just learning to use her powers.) "You can't get angry at work if you're a woman," Cat cautions. "When I worked for Perry White, he once threw a chair through a window. No one batted an eye. If I threw a napkin it would be all over the news." By episode's end, Supergirl has learned to channel her rage. "I'm not afraid of my anger anymore," she says. "I can use it."

Aww. It's heartening to watch a baby feminist take her first steps. Especially at the knee of Flockhart who, in the late 1990s, played Ally McBeal, a TV It Girl whose miniskirt-feminism (or lack thereof) was much debated. Now 51, Flockhart spits seen-it-all wisdom at Kara at least once an hour. When Kara objects to the moniker Supergirl, Cat replies, "I'm a girl, your boss, and powerful, rich, hot and smart. If you perceive 'girl' as anything less than excellent, isn't the real problem you?"

Cat Grant (Calista Flockhart) spits seen-it-all wisdom at Kara (Melissa Benoist) in Supergirl.

When Kara asks how Cat juggles it all, Cat rolls her eyes: "You learn. You can have it all, but not all at once and not right away." OK, it's wildly on the nose. But between the pair of mothers who are too hard on their daughters, and the evil alien aunt, and the female supervillains, a question keeps popping up: Why are women their own worst enemies?

That's worth asking.

Supergirl returns to Global TV Jan. 4 at 8 p.m. Watch past episodes at globaltv.com.

*Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.*

CROUCHING TIGER, HIDDEN DRAGON

# Yeoh reprises role in new action film

Malaysian actress Michelle Yeoh says she has been waiting many years to reprise her role in the 2000 film Crouching Tiger, Hidden Dragon.

The sequel to the supernatural martial arts film, Crouching Tiger, Hidden Dragon: Sword of Destiny, centres around the protection of a legendary sword.

It also stars Donnie Yen, Harry Shum Jr. and Jason Scott Lee.

The original was filmed in Mandarin. The sequel is in English and will be dubbed into Mandarin for its release in China.

Yeoh appeared Tuesday at an event in Beijing launching the sequel alongside director Yuen Woo-ping and Natasha Liu Bordizzo, who plays Yeoh's apprentice.

Crouching Tiger, Hidden Dragon: Sword of Destiny will be released in theatres on Feb. 8 in China and on Feb. 26 in the U.S. on Netflix and in selected theatres. THE ASSOCIATED PRESS

## NEW YEAR'S EVE TELECAST

**One Direction, Carrie Underwood to ring in 2016**

Pentatonix, Macklemore & Ryan Lewis, Nick Jonas and OMI, Alessia Cara, will be ringing in the New Year from Hollywood, Calif., for ABC's telecast of Dick Clark's New Year's Rockin' Eve With Ryan Seacrest 2016.

One Direction is headlining the West Coast event, while Carrie Underwood is headlining the party in New York's Times Square.

The show will be telecast starting at 8 p.m. Eastern on Dec. 31. THE ASSOCIATED PRESS

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Idris Elba acknowledges that too much attention on his looks could taint him as just another pretty face. CONTRIBUTED

# Luther is Elba's most natural role

INTERVIEW

## Actor says there's plenty of parallels with detective

Idris Elba has many reasons for why he keeps coming back to Luther. "It's unfinished business, it's fertile ground," he explains. "The character continues to challenge me."

Detective Chief Inspector John Luther also challenges his fans, who are sure to greet him warmly for this, his fourth run, in the two-hour special airing at 9 p.m. E.T. Thursday on BBC America.

As usual, Luther finds its hero possessed by a grisly murder case: a serial killer with a cannibalistic bent.

Meanwhile, he remains haunted by Alice Morgan, the tantalizing sociopath from Season 1 who escaped arrest by Luther but became his twisted confidante. Conspicuously missing, her whereabouts unclear, she remains very much on Luther's mind and a key part of this tale.

Elba calls the demons-beset Luther "one of the closest characters in terms of who I am." It's a surprising claim, since, during this recent interview, he seems light-hearted in stylish casual wear, a marked contrast to the glum expression and no-nonsense suit Luther wears. "I don't feel like I have to throw on too much of a character to play John Luther," says Elba, attempting to explain himself. "We shoot in the area I grew up in (East London), and I really let the writer take me on the journey. It's the most naturalistic I can be in a role."

Even Luther's distinctive walk — a slouching swagger, hands jammed in his pockets, pushing forward with staunch intent — is comfortably derived from Elba's own gait: "I tore my left Achilles, which make my left leg sort of limp — or swag!"

A strapping, towering presence with leading-man looks, Elba nonetheless has been able to transform himself profoundly for his roles, such as the brutal leader of an African rebel army in his recent film Beasts of No Nation, as Nelson Mandela in Mandela: Long Walk to Freedom and as Stringer Bell, the strictly business Baltimore drug lord, in the HBO series The Wire.

No matter what his role, Elba is easy on the eyes. Asked if he gets weary of his extreme handsomeness being the focus of media and fans alike, he adopts an almost sheepish expression while handing credit to the camera. "Because I'm an actor, I've got that 'beauty light' on me," he insists. "In real life, it's not like that all the time. Some people go, 'He's nice, but he's not my sort of thing.'"

Acknowledging that too much attention to his looks could taint him as just another pretty face, he does allow that "it's a compliment and it's great, man. I could be described as 'aggressive,' or 'strong.' But 'sexy' works, too." And he laughs heartily.

THE ASSOCIATED PRESS

No purchase necessary. One entry per person, per day. Contest open to residents of the cities of Toronto, ON and Vancouver, BC, who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty (30) prizes are available to be won in each city, each consisting of a double movie pass to "The Hateful Eight." Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on December 12, 2015 and closes at 11:59 pm ET on December 16, 2015. To enter and for complete contest rules visit www.clubmetro.com.

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## GOSSIP BRIEFS

### Diplo reaches Shazam high

Shazam, the app that identifies songs you don't know, just announced who its most searched-for artist of the year is — and the honour goes to Diplo, who was Shazamed over 40 million times. The DJ's response to the news was a little baffling.

"I guess that means no one knows my music or who the f— I am since you had to Shazam me 40 million times," he posted to Facebook. "You could have just followed me on Soundcloud, it would save you some time. Also, pic of me in 2008 when I was popping in shiny suits. But no seriously thanks."

Diplo isn't the only electronica artist dominating Shazam. David Guetta is the No. 2 most Shazamed artist of all time. And the most Shazamed song ever is Avicii's Wake Me Up. EMILY LAURENCE/METRO NEW YORK

### JLaw not down with Hunger Games prequels

Lionsgate recently announced plans to develop some prequels to the Hunger Games franchises because they like making money — no surprise there.

But they were probably banking on at least a little support from series star Jennifer Lawrence, even if she wouldn't necessarily take part in them.

Well, they really should have checked with her first.

"That can't be true. It's too soon," she tells E! News when confronted with the development.

"Screw that. No, way too soon. No support. I think it's too soon. The body's not even cold yet."

I wonder if she thinks it's too soon? NED EHRBAR/METRO HOLLYWOOD

BREAKUP

# No more Dahl and chain for Ruby Rose

Orange is the New Black star Ruby Rose and designer Phoebe Dahl have called off their engagement and ended their relationship, Rose announced via Twitter and Facebook.

On the bright side, it at least appears to be completely amicable. Rose and Dahl were engaged in March 2014, but the end of the relationship seems to be down to too much time apart due to work and travel.

"Phoebe remains very dear to my heart. I will forever treasure our time together," Rose posted to her Facebook page.

"I'm a better person because of the time we shared. They say, 'It's better to have loved and lost than never to have loved at all.' I'm lucky to have had the chance to love her."

Well, I mean "they" didn't say it. Alfred Lord Tennyson said it, if we're being accurate about things.

But she's going through a rough time, so I'll let it slide. This time. NED EHRBAR/METRO HOLLYWOOD

# Diane Kruger steps out with Walking Dead man

SHAKEUP

### Star spotted making out with Norman Reedus in a bar

**Diane Kruger and Norman Reedus.** ALL PHOTOS: GETTY IMAGES

Diane Kruger is apparently a really, really big Walking Dead fan. The Inglourious Basterds star was spotted trying to go incognito with fan favourite Norman Reedus recently at the East Village's 12th Street Alehouse, but that turned out to be a rather foolish plan.

"They were both dressed very casually. Norman was wearing a hat, and Diane had barely any makeup on," an eyewitness tells Radar Online. "They ordered whiskey and immediately walked hand-in-hand to a table in the back corner."

And it's in that back corner where things got, shall we say, interesting, as the pair tore into a "high school makeout session," according to the source.

"They were on top of each other. Every time I looked over, she was on him or he was on her. They clearly thought they were incognito. They thought no one could possibly recognize them in that hole in the wall."

Turns out they were wrong. You know who'd probably be curious to hear more about this? Kruger's boyfriend of nine years, Joshua Jackson. This won't be awkward at all. NED EHRBAR/METRO HOLLYWOOD

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Your essential daily news

Mercedes' 'designo manufaktur' program lets G Wagon owners individualize their SUV

# The pursuit of sports car purity

## THE CHECKLIST | 2016 MAZDA MX-5

### THE BASICS

**Type.** Two-door, two-passenger, RWD, convertible sports car
**Power.** 155-hp, 2.0-litre I4
**Transmission.** 6-speed automatic, 6-speed manual
**Price.** Base $31,900 (plus $1,795 destination)

MIKE GOETZ/FOR METRO

### COOL FEATURES

- Soft-top can be opened and closed from seating position at a stoplight
- Speakers in the headrests ensure clear audio when the top is down
- Blind spot monitoring and lane departure warning systems

### POINTS

- More than 100 kg lighter than last (third) generation model, by shaving "grams" wherever possible, and by using lots of aluminum components, including hood and trunk lid
- Engine positioned close to vehicle's centre, for perfect 50:50 front-rear weight distribution
- Trunk volume increased to allow for one pair of carry-on luggage

### MARKET POSITION

- Affordable, traditional, two-seat convertible sports car. Holds Guinness World Record for the best-selling two-seater sports car.
- Performance and driving enjoyment through light weight and simplicity
- Fun and sporty, but also makes a great, fuel-efficient, state-of-the-art commuter

### THE COMPETITION

**Mini Roadster**
**Base price: $31,650**

**Subaru BRZ**
**Base price: $27,395**

**2017 Fiat 124**
**Base price: TBA**

REVIEW

## Mazda shows how it's done with the now-lighter MX-5

**Mike Goetz**
For Metro Canada

You have to marvel at how devoted and careful Mazda is with the overall idea of the MX-5 (a.k.a. Miata).

For any of its three previous generation formats, and for this new, fourth-generation format, Mazda could have so easily given the little roadster more powerful engines, more elbow room, more comfy stuff, more of everything basically.

But Mazda has always maintained that the way to have sports car fun is not just about outright speed. It believes it is better to have a sports car that responds to your every command, and thoroughly connects you to the bones of the vehicle, and the contours of the road. In this way, a roadster will always "feel fast" in more driving situations. And this 2016 Mazda MX-5 is brilliantly executed in that manner.

It's more than 100 kg (180 lb) lighter than the previous MX-5, and as compact as the very first Miata.

You experience its willingness to change direction basically every time you change direction, which happens quite often when you think about it. Electric steering replaced hydraulic steering, but still provides awesome feel.

The way you sit in the vehicle, and the way you interact with all the controls, makes the MX-5's cockpit feel like no other vehicle cockpit on the road. Certainly helping matters is one of the best shifting manual gearboxes in the land, and easy-to-use controls, which seem slightly miniaturized to Miata proportions.

Cabin caveats are the Mazda console controller, which has received mixed reviews from Day 1, and the lack of interior cubbyhole volume. The cubby holes are optimized for smartphones and such — anything chunkier has to go in the trunk.

The trunk is bigger and deeper, but seems less likely to hold golf clubs, if that's a priority.

The convertible top is incredibly easy to put up and down. Effective wind deflectors, and speakers in the headrests, both help top-down motoring.

This car has less horsepower than the previous roadster, but is actually faster. A good dose of midrange torque, and that overall light weight, makes it happen. The 2.0-litre engine is based on the one in the Maxda3, but revs faster, due to a lighter flywheel. Again, it's all about balance; you don't feel the need for more power, because this level of power already delivers and then some, in this lightweight, great-handling package.

Just a final thought on the exterior design. Previous MX-5 models were kind of anti-style, or at least they didn't try too hard to look super cool. This one is trying a bit too hard, me thinks, especially around the rear haunches. But after that I got nothing. I love this car. It's currently right at the top of my Christmas list.

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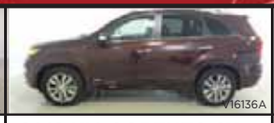

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# 'Made in Ghana' initiative revs up

**A Kantanka car at the Apostle Safo Technology Research Centre in Gomoa Mpota, Ghana.**
CHRIS STEIN/AFP

LOCAL SOURCING

## Kantanka cars could put West African nation on the map

Japanese Toyotas, German Mercedes and BMWs, and GM cars and trucks from the U.S. are driven in countries around the world. But in Ghana, an inventor and church leader who started out trying to make voice-controlled television sets is telling the auto giants to move over.

Kwadwo Safo Kantanka — nicknamed the "Apostle" because he also runs a network of churches — has finally realized his dream of developing and marketing cars "Made in Ghana."

"It's been in the pipeline since 1971," Kwadwo Safo Jr., one of the inventor's sons, told AFP. "It started with the old man, so it's been a long time coming."

Kantanka's range of sports utility vehicles and pickup trucks have got Ghana talking on social media, thanks in part to an advertising campaign using local movie and music stars.

The sticker price of the vehicles run from $18,000 to $35,000 — out of range for most people in Ghana. But a cheaper saloon car is expected to go on sale next year.

The locally made vehicles are entering a tough market, going up against established brands in a country that sees about 12,000 new and 100,000 second-hand cars imported every year.

But the inventor's son, who is chief executive of the Kantanka Group, is confident the demand is there and the firm can hold its own in the competition.

"Already we have certain companies in Ghana who have come to make certain outrageous orders for huge numbers that we have to meet. So, we are working," he said, without giving any specifics.

### Buy local

Ghana's President John Dramani Mahama has been pushing his compatriots to buy locally to boost a stuttering economy hit by inflation, a depreciating currency and high public sector debt.

In 2014, he showed off a pair of Ghana-made shoes during his annual state of the nation address and criticized the lack of appreciation of locally made goods and over-reliance on imports.

> **We must believe in the Ghanaian just like Toyotas and Hyundais.... They all started from scratch. Who knows? Kantaka could be the next Toyota.**
>
> Murtala Mohammed, who lives in Accra

He noted that some $1.5 billion was spent in foreign currency on items such as rice, sugar, cooking oil, tomatoes and fish — all money "which could have gone into the pockets of Ghanaian entrepreneurs," he said.

"Any import items we buy as Ghanaians constitutes an export of jobs in this country, especially in respect of the items for which we have comparative advantage to produce," he said at the time.

For Kantanka some key components such as glass, tires and brake callipers are imported, AFP was told on a visit to the company's technology research centre west of Accra last year.

But local sourcing is a key component of Kantanka's vehicles, whose radiator grilles feature Ghana's five-pointed star emblem.

Wood from Ghanaian forests is used to make dashboards while the cream-coloured leather seats in the black SUV were made in the country's second-biggest commercial city, Kumasi.

Akan — a language widely used in Ghana — is written alongside English on the electronics.

### The road ahead

Kantanka's son was adamant about the uniqueness of the cars, which have all been approved for safety by Ghana's Drivers Vehicle Licensing Authority.

The Made in Ghana label means that "if you have any problems with the vehicle, you wouldn't have to import from India or China or America. All the parts are right here and we have a 24-hour service," he said.

Six months ago, Ghana's police service received one of the pickup trucks, potentially paving the way for other government agencies to place orders.

Kantanka Jr. is upbeat about the way ahead.

"The future of Kantanka for the next 10 years is to try as much as possible to increase our lines," he said.

To the current three lines, he said, "we intend to increase by next year January, February and add two more lines to it. We intend to go into more lines like buses, minivans and all that." AFP

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# 3D printing shaping car production

DRIVING FORCE

## Ford breaks the mould in production of tools and parts

Jil McIntosh
For Metro Canada

Engineers need parts and tools when they develop a vehicle, but if they're working on a brand-new technology, the ones they require may not yet exist. Ford tackles the problem by quickly building its own on a 3D printer.

"People come to me and want something designed for a test," says Kevin Sowles, a technologist at Ford's Beech Daly Technical Center in Michigan. "If we can't find the tool, I'll make it for them."

The item is first designed using computer-aided design (CAD) software. The digital information then goes to the appropriate 3D printer to produce the item. It's much faster than older methods, especially if more than one copy of a tool is needed. Prior to 3D printing, the method could include making a prototype, using it to produce a mould, and then finally casting the tools themselves.

Most of the tools the department makes are used exclusively for in-house vehicle testing, although it has produced prototype tools and machine parts for the final assembly line as well. When the company discontinued the F-150 pickup truck's steel body in favour of an aluminum one, the factory needed specialized tools to work with the new metal, some of which were developed in the 3D printing shop. During the process of setting up the new assembly lines, the shop could quickly reproduce a component if it broke during the preliminary test runs.

### Big at auto shows

The department also makes auto parts, but only for prototypes and show cars, not for production vehicles. "We made the grille and bumper for the new F-150 for wind tunnel testing and design aids," Sowles says. "We also made the components for the 30-way power seat on the Lincoln Continental (concept car). Those concept cars you see at the auto shows have an unbelievable amount of 3D printing in them. We have a shop that's set up specifically for that."

**Mark Smith, an engineering technologist at Ford, cleans off a newly made component.**
COURTESY FORD MOTOR COMPANY

Keeping the 3D printing in-house is also essential to keeping the wraps on upcoming projects. "We're working on our 2019 to 2020 designs," Sowles says. "A lot of it is confidential and we don't want that out, even to our most trusted suppliers." The direct line between the 3D printing and the engineering department is also faster than sending the designs out to a third-party supplier to produce. In some cases, items can be produced from scratch within hours.

On occasion, the department does outside projects of its own, including some reproduction reptiles. "We've done some work to support community services, and we've had requests from museums," Sowles says. "We made replicas of dinosaurs that they paint and put on display, and they lock the original artifacts away."

### THE PROCESS

• Some parts made by the 3D process are used only for visual reference, while others must be functional, such as engine or transmission parts used in durability testing.

• 3D printing isn't unique to Ford, but various automakers use the technology differently depending on their needs.

• The department's various printers use plastic or photo-sensitive resin, or sand for casting items in metal.


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ELECTRIC CAR MARKET

## Mystery U.S. startup unveils $1B factory

A little-known California startup with ambitions to challenge Tesla in the electric car market unveiled plans Thursday for a $1-billion manufacturing plant.

Faraday Future said on its website the investment in the facility near Las Vegas, Nev., is a "first phase" for the new company, which is yet to get a vehicle on the road.

The facility is "something more than an ordinary 'assembly line,'" according to the statement, and will include 280,000 square metres "for passionate creators and diligent visionaries, where new concepts will be refined and implemented." It will create 4,500 jobs in the region.

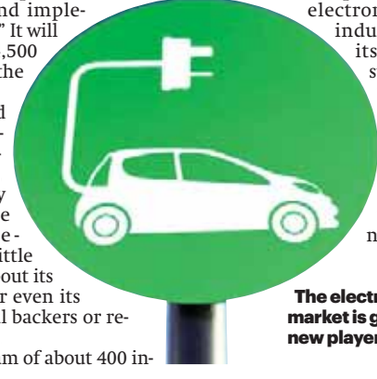
Based in southern California, Faraday Future has revealed little so far about its plans, or even its financial backers or resources.

Its team of about 400 includes former engineers and executives from Tesla and BMW, according to its website, which says the company "will launch with fully electric vehicles that will offer smart and seamless connectivity to the outside world."

Faraday Future plans to unveil its prototype at the Consumer Electronics Show in January in Las Vegas.

According to the research firm CB Insights, one of the investors in Faraday Future is Chinese entrepreneur Jia Yueting.

The company is named after Michael Faraday, who discovered the principles of electromagnetic induction. In its mission statement, the company says that "today's cars do not meet today's needs." AFP



**The electric car market is getting a new player.** ISTOCK

### TECH GIANT

**Samsung to develop components for autonomous cars**

Samsung Electronics is taking steps to expand into another market, as they announced the creation of a team for developing next-generation automotive components, according to Reuters.

Instead of attempting to develop its own self-driving car, the South Korean electronics company announced last week their plans to work on car components and software, with an initial focus on "infotainment," satellite navigation and autonomous driving.

Other tech industry giants who have expressed an interest in developing driverless and electric car sectors are Google and Apple.

Samsung's rival LG Electronics announced in October that it would be developing an array of components for General Motors' upcoming Chevrolet Bolt EV, including the electric drive motor (built from GM design), electric climate control system compressor, on-board charger, and battery cells and pack. AFP

metro SPORTS

Jamaican sprinter Usain Bolt will prepare for the Rio Olympics by competing at the 2016 London Anniversary Games in July

# Beat goes on for Canucks

NHL

## Minnesota goes Wild on slumping Vancouver

Thomas Vanek scored one of Minnesota's three power-play goals and pitched in three assists, leading the Wild on a 6-2 romp over the road-weary Vancouver Canucks on Tuesday night.

Mikko Koivu also scored and had three assists, Zach Parise added a goal and two assists and backup goalie Darcy Kuemper turned in another sharp performance for the Wild, who improved to 5-0-3 in their last eight games.

TUESDAY in Minnesota

| 6 | 2 |
|---|---|
| WILD | CANUCKS |

Ryan Miller had a rough time in the net for the Canucks, giving up six goals in two periods before being pulled at the second intermission, but he was peppered by 36 shots during a defence-deficient performance by his teammates.

Jason Zucker scored for Minnesota, too, giving the Koivu-centred first line with Vanek on the left wing a nine-point night.

**Wild goalie Darcy Kuemper stops a shot by Bo Horvat.** ANNE HEISENFELT/THE ASSOCIATED PRESS

Jannik Hansen and Daniel Sedin scored for Vancouver and linemate Henrik Sedin assisted on each one, but the Canucks were dominated from start to finish and fell to 1-6-3 in their last 10 games away from home. Their only win in that stretch was at Minnesota on Nov. 25.

On the first two stops of this six-game road trip, the Canucks have been outscored 10-1. They are 2-5-2 in their last nine games overall.

They also fell to 2-5-2 against the Central Division.

Defencemen Ryan Suter and Marco Scandella tacked on the last two goals for the Wild in their largest output since a 6-3 victory over St. Louis here last March 21. The Wild raised their home record this season to 11-3-1.

Miller had his last name chanted derisively by the crowd and later was taunted with the "Sieve! Sieve! Sieve!" chant, but this was hardly his fault. With the man advantage early in the first period, Vanek was in perfect position to tap in Parise's pass that was so crisp he barely had to move for his team-high 11th goal.

Parise was the first of four Wild players who scored in the second frame, on his third attempt after Miller turned aside the first two tries. Without any defence near him in front of the right circle, Parise knocked in the bad-angle rebound past Miller's left pad.

It was a season high for goals allowed by the Canucks.

**"Sieve! Sieve! Sieve!"**

Wild fans taunt Ryan Miller

Since Devan Dubnyk has been out with a strained groin muscle, Kuemper is 3-0-2. He stopped 29 shots. The Wild have allowed just seven goals in seven games in December, which has recently been a rough month for them.

Vanek is second in the NHL since entering the league in the 2005-06 season with 122 power-play goals, behind Washington's Alex Ovechkin. He has five goals and nine assists in 12 career games against the Canucks. The last time the Wild had a player with four points in a game was Parise on Jan. 30, 2014, at Colorado. In his last five games, Parise has three goals and five assists.

THE ASSOCIATED PRESS

## IN BRIEF

**Whitecaps try to secure transfer for Flores**

The Vancouver Whitecaps are in the midst of trying to finalize a transfer agreement with Club Deportivo Motagua for midfielder Deybi Flores, the local Major League Soccer side announced Tuesday.

Flores, 19, joined the Whitecaps from Club Deportivo Motagua in February on a one-year loan. He appeared in nine games for the Whitecaps last season.

He also played for Vancouver in the Amway Canadian Championship and CONCACAF Champions League.

Flores has also been called up to the Honduran men's national team for a friendly versus Cuba on Wednesday.

CAM TUCKER/METRO

**Lions re-sign lineman Fabien for two years**

The B.C. Lions have re-signed Canadian offensive lineman Kirby Fabien to a two-year contract.

Fabien, 25, was set to become a free agent in February. His new deal keeps him with the Lions through the 2017 season.

The Lions selected Fabien with the seventh overall pick in the 2012 CFL draft.

"Kirby has developed into a very talented offensive lineman," general manager and head coach Wally Buono said in a statement.

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## IN BRIEF

**Rondo issues second apology for gay slur**

Sacramento Kings guard Rajon Rondo has offered a stronger apology for directing a gay slur at veteran referee Bill Kennedy.

Rondo said Monday his actions toward Kennedy Dec. 3 were out of frustration and not meant to offend anyone.

Bill Kennedy

Rajon Rondo GETTY IMAGES

Rondo issued a statement Tuesday addressing those who saw his first statement as a non-apology.

"I want to be clear, from the bottom of my heart that I am truly sorry for what I said to Bill. There is no place on or off the court for language that disrespects anyone's sexual orientation. That is not who I am or what I believe and I will strive every day to be a better person," he said. Kennedy told Yahoo Sports he is gay.

THE ASSOCIATED PRESS

**Canadiens' Price nets Lou Marsh after stellar 2015**

Montreal Canadiens goaltender Carey Price says he hasn't built a trophy room in his house yet, even if the awards are starting to pile up.

Price became the first hockey goaltender to win the Lou Marsh Trophy as Canada's top athlete on Tuesday.

Carey Price THE CANADIAN PRESS

"I was actually surprised at that because this country's had so many outstanding goaltenders, which speaks volumes of our athletic system in general," he said. "We have so many great athletes, year after year, putting up such great performances.

"To be able to top some of those is truly honouring."

Price hit career highs with 44 wins, a 1.96 goals-against average and a .933 save percentage for Montreal in the 2014-15 season.

THE CANADIAN PRESS

# Tailspinning into 2016

PREMIER LEAGUE

## Unprecedented poor form has Mourinho pointing fingers

At 4-3-9 and in 16th place in the Premier League table, **Jose Mourinho has all but given up on a top-four finish for Chelsea this season.** LAURENCE GRIFFITHS/GETTY IMAGES

Jose Mourinho's belittling post-match tirade against his team wasn't even needed to underscore the crisis that has enveloped Chelsea. That was abundantly clear in the performance and actions of his players during a 2-1 loss to Leicester that plunged the team's title defence into further embarrassment.

There was the sight of Diego Costa — a striker seemingly more interested in picking a fight than scoring goals — confronting Chelsea's defenders and gesturing to them that they are asleep.

There was Eden Hazard flicking a dismissive hand toward Mourinho as he stormed down the tunnel with an innocuously sustained hip injury.

There was John Terry getting substituted early in the second half after another display that showed, at 35, his time might be up.

And then there was Cesc Fabregas, Chelsea's best distributor of the ball, lobbing a pass under no pressure straight to a Leicester player with one of his first touches as a substitute.

No wonder Mourinho wore the look of a bemused, worried man after the match as he accused his players of betraying and shaming him. His stars are woefully out of form, his team is only one point clear of the relegation zone and in the midst of the biggest-ever collapse in English soccer.

Roman Abramovich, Chelsea's billionaire Russian owner, is showing previously unseen restraint in not firing Mourinho after the team's nine losses in 16 league games this season. That is as many as Mourinho sustained total over his first two seasons since returning to the club.

Maybe qualifying for the knockout stage of the Champions League has saved Mourinho. A 2-0 win over FC Porto last week meant Chelsea topped its group and was seen by many as a potential turning point.

> **"I don't think he sees a way out of this. Something has to change."**
>
> Former Chelsea star Frank Lampard on embattled Blues manager Jose Mourinho

Clearly not. Against Leicester, Chelsea was as sluggish as it has been all season, and it seems Mourinho has had enough. It will be interesting to see how his players react to being publicly criticized.

"I am not afraid of a big challenge," Mourinho said. "I hope Mr. Abramovich and the board want me to stay because I want to stay." The concern for the Chelsea hierarchy will be that Mourinho has never been in this position in his coaching career. And the last time Chelsea made such a bad start to a season — in 1978 — the team ended up being relegated.

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# RECIPE Orecchiette with Turkey and Broccoli

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

A full meal including greens and protein in a flavorful (and fast) pasta dish.

**Ready in**
Prep time: 20 minutes
Cook time: 10 minutes
**Serves 4**

**Ingredients**
- 1 box (1 lb) orecchiette
- 4 cups of broccoli florets (cut small)
- 3 Tbsp olive oil
- 1 lb ground turkey
- 4 cloves garlic, minced
- 1 onion, chopped
- 1 tsp fennel seeds
- 1/2 tsp crushed dried chilis (optional)
- 1 cup chicken stock
- 1 cup grated Parmesan cheese

**Directions**
**1.** Cook the pasta according to package instructions. Set a timer for 2 minutes before the pasta will be done — at that point you're going to toss in your broccoli.
**2.** Warm your olive oil in a large skillet over medium heat. Add the turkey, garlic, onion, fennel seeds and chilis. Cook for about 5 minutes, until the meat is browned.
**3.** Drain the pasta and broccoli and then add them to the skillet. Toss everything together. Add the stock and toss. Serve in a big bowl sprinkled with lots of Parmesan.

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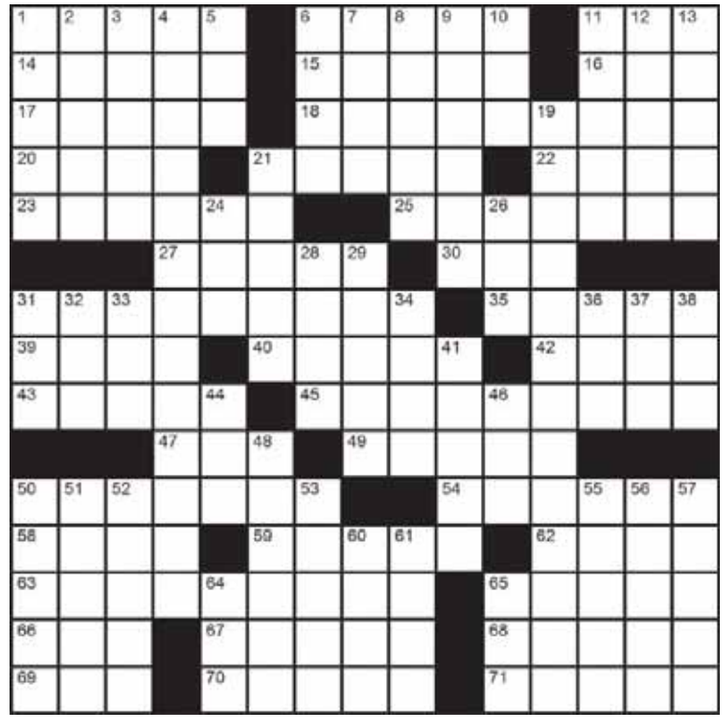
# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Baby kangaroo's snug spot
6. Diminish
11. Curvy letter
14. Vietnam's capital
15. Where Khartoum is the capital city
16. "Monster-in-__" (2005)
17. Gumbo ingredients
18. Rural municipality in the Interlake area of Manitoba
20. Mr. Simon of plays
21. The Divine Comedy writer
22. Perched on
23. Involve, as an audience
25. Paint thinner, for one
27. Cancels/voids
30. Hillary Clinton __ Rodham
31. Meeting someone gesture
35. Grab __ to eat
39. Mr. Baldwin
40. "__ __ economy is always beauty." - Henry James
42. Reddish-brown
43. Copper, for one
45. Versatile
47. Ms. Long
49. Alberta village, 'Gateway to the Handhills'
50. Deadlock
54. Canadian boots company since 1910
58. Berth
59. Prices
62. "Look out!" on the golf course
63. South Pacific archipelago
65. "47 __" (2013) starring Keanu Reeves
66. Yore's 'before'
67. Latin for 'Courageous and faithful', __ et fide
68. Hoity-__
69. Guitar guru Mr. Paul
70. Writer Ms. Ferber's
71. __ _ Sketch

**DOWN**
1. Ring a friend
2. Like acorned trees
3. Strip the gear from a ship
4. Winnipeg company specializing in hand-poured candles: 3 wds.
5. "Tarzan and __ Mate" (1934)
6. Cruising on the ship
7. Intense gym workout feeling
8. Prospector's passages
9. Acquire/assume: 2 wds.
10. Nav. designation
11. Uplift
12. Beauty parlour
13. Used a dustpan
19. Comedian known for his Royal Canadian Air Force work and for the hockey player character Big Bobby Clobber: 2 wds.
21. New __ (India's capital city)
24. Astronaut Mr. Grissom
26. Farm's grassy expanse
28. Ms. Turner
29. Ancient poet of Scandinavia
31. Theatre hog
32. Tavern drink
33. Web
34. __ Stanley Gardner (Perry Mason creator)
36. Payment promise
37. Beige
38. "The __" by The Doors
41. Converses
44. Fleur-de-__ [var. sp.]
46. "Macarena" by Los del __
48. Rise
50. Urge forward
51. Singer/actress Mandy
52. North and South on the globe
53. Reddish-rose dye
55. Ancient Greece column style
56. Sch. subject
57. Where Nairobi is the capital
60. Earth's crust layer
61. __, New Mexico
64. Kilt-wearer's refusal
65. Driver's path, for short

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
You will enjoy what happens today, even if others don't. The influence of Uranus in your sign makes it easier for you to accept upheavals and, while Uranus is moving retrograde, to see the positive in negative.

**Taurus** April 21 - May 21
Someone will find fault with what you do today. Whether or not their comments are fair is beside the point: what matters is that you ignore what they say and carry on.

**Gemini** May 22 - June 21
There is no point blaming yourself. What has occurred would have happened anyway, so stop beating yourself up and start focusing on things that you can influence.

**Cancer** June 22 - July 23
Have the confidence to try something different today, something that pushes back the boundaries of what you think of as possible. Where both money and work are concerned take chances you would usually avoid.

**Leo** July 24 - Aug. 23
You are brimming with confidence. The Sun's journey through Sagittarius is coming to and end but you still believe that anything is possible. And it is!

**Virgo** Aug. 24 - Sept. 23
The Sun in one of the more sensitive areas of your chart may dampen your plans but in a matter of days your confidence will return and you'll find there is nothing you cannot do.

**Libra** Sept. 24 - Oct. 23
Don't turn down a promising offer because you're not sure if you're up to the job. You would not have been approached unless people thought you could grow into it quickly.

**Scorpio** Oct. 24 - Nov. 22
You won't enjoy being put under pressure today but realize that the experience is not so bad. You need to make changes to your working routine and this will confirm it.

**Sagittarius** Nov. 23 - Dec. 21
What happens today will catch you off guard but being the flexible sort you will quickly recover and turn the situation to your advantage. The Sun in your sign will protect you from harm, so why worry?

**Capricorn** Dec. 22 - Jan. 20
Keep your more outrageous thoughts to yourself. It's unlikely that others will understand, still less appreciate them. Make allowances for those whose vision does not stretch as wide or as deep as your own.

**Aquarius** Jan. 21 - Feb. 19
You tend to hang back when you should be pushing your way to the front of the queue. Today will make it easier for you to get noticed — so make the effort.

**Pisces** Feb. 20 - March 20
If something out of the ordinary occurs don't take it seriously or personally. Sometimes things happen for no apparent reason and there is no point getting worked up about it.

## CONCEPTIS SUDOKU by Dave Green

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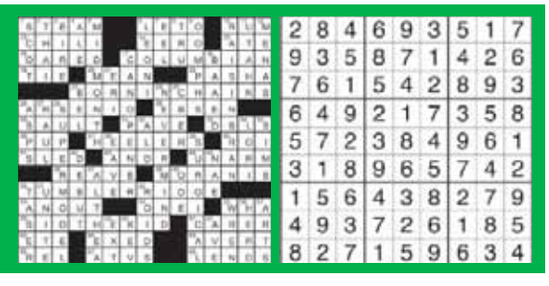

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